SPRING VALLEY BULLETIN

Also Covering Casa de Oro and Jamul

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'Bicentennial City' Hopes Shelved

Boundary Tiff Stalls LG Cityhood

By John Kowalczyk

The spirit of '76 was taken out of Lemon Grove Cityhood momentum last week.

Proponents of Lemon Grove's fourth bid for incorporation were surprised last Wednesday when an expected routine Board of Supervisors approval of a Lemon Grove City election on the June 8 primary ballot never materialized. Instead, it was announced at the morning meeting at 1600 Pacific Highway that the item was being tabled for six weeks due to a protest filed by La Mesa Mayor Paul W. Fordem in behalf of his city.

The Board sent the matter back to the county Office of Intergovernmental Affairs (OIA) with instructions to settle the dispute. It will not be heard by the Supervisors again until April 21.

Assuming a successful election, cityhood advocates hoped to initiate the incorporation of Lemon Grove on July 4, the nation's 200th birthday. Since the deadline for filing for a berth on the June 8 ballot was Friday, the six-week stall placed out of reach any hope of making Lemon Grove a "Bicentennial city."

Gentlemen's Agreement

In filing the protest, Fordem said that the proposed City of Lemon Grove, as approved by the Local Agency Formation Commission (LAFCO) in December, violated a "gentlemen's agreement" between the county and his city to maintain Highway 94 as the north boundary of Lemon Grove.

LAFCO is an agency mandated by 1963 State of California legislation which was formed to encourage the orderly formation and development of local governmental agencies.

Fordem told this newspaper that two meetings with Supervisor Dick Brown led his city to believe that the county was working to promote La Mesa's interests in the Vista La Mesa area. He cited the two not-secret meetings, both held sometime prior to September last year, in which Brown allegedly indicated his support for absorption of Vista La Mesa into the City of La Mesa.

Vista La Mesa is a 1.14 sq. mi. area north of Highway 94, bordered by the City of San Diego on the west and by La Mesa on the north and east.

At the first of the two meetings, Fordem said, Brown brought up a Vista La Mesa capital improvement project (including such services as road and drainage improvements). Brown said, according to Fordem, that although he could not promise such a project, his office would work for it if La Mesa annexed Vista La Mesa.

A second meeting was held "sometime before September" in Brown's office. Present were Fordem, other La Mesa city officials, and Dell Lake and Jim Dorman from the Lemon Grove incorporation committee. Fordem said Brown reaffirmed that he would work for the capital improvement project at that meeting, if the then-proposed Highway 94 boundary was acceptable to all. Fordem, recalling no signs of discontent from the Lemon Grove faction, interpreted Brown's statements as county support for his city's interest in Vista La Mesa.

Brown's Version

Brown has a different version of that latter meeting. He told this newspaper this week that the capital improvement project was meant as a goodwill gesture made by the county (during its last fiscal year of jurisdiction) to whichever local government eventually obtained the area. Such capital improvements would become the responsibility of the city after incorporation or annexation. He further stated that Lake and Dorman told him at that meeting they were not in favor of the Highway 94 boundary.

In September, the County Office of Intergovernmental Affairs submitted to LAFCO the proposed city of Lemon Grove which, at that time, included Highway 94 as the northern boundary.

In December, LAFCO recommended a portion of Vista La Mesa be added to the proposed Lemon Grove City. That 300-acre area is described as the land situated north of the freeway and south of a line extending east from the City of San Diego on Waite dr. to Massachusetts ave., then north to Pearson st. and east to the La Mesa City border.

According to Fordem, La Mesa openly opposed the LAFCO revision as early as November when the agency first hinted it may alter the north boundary proposal. A motion passed by La Mesa City Council following LAFCO's December 15 hearing urged LAFCO to reconsider its boundary alterations.

Another letter was sent to the Board of Supervisors in January, says Fordem, and still another to both the Board and LAFCO on February 2. In the latter, La Mesa stated that it opposed the boundary changes. Furthermore, it said, if the Highway 94 boundary was not restored, the City of La Mesa would file a formal protest at the (March 10) Board of Supervisors hearing.

Fordem, insisting that "there were no shinanigans and no deals" with the county, told this newspaper that La Mesa was miffed at the county for apparently ignoring its letters in the months leading up to last week's hearing.

The apparent silence from La Mesa gave Lemon Grove City proponents the false belief that the boundary dispute was settled.

April 21 Meeting

The item is now scheduled to go before the Board of Supervisors again on April 21.

Brown met with Charlotte Langley of OIA and representatives of the Lemon Grove reorganization committee Monday morning. Committee members Lake, Dorman and Karen Thompson reportedly restated their desire to see not only the portion of Vista La Mesa recommended by LAFCO, but all of the Vista La Mesa area within Lemon Grove's boundaries. Lake termed it their only alternative.

The committee has maintained that a strong majority of Vista La Mesa residents identify with Lemon Grove rather than La Mesa. A poll taken by the committee in October showed that more than 80 per cent of VLM residents living in Lemon Grove Fire and Lemon Grove School Districts, which extend into the area, expressed a desire to remain in those districts.

The La Mesa Connection

Unless all of Vista La Mesa is included in the Lemon Grove boundaries, the City of La Mesa will be a party to the success or failure of Lemon Grove incorporation.

State law prevents unincorporated "islands." Hence, La Mesa's annexation of any Vista La Mesa territory would be essential to the success of Lemon Grove incorporation since Lemon Grove City would make Vista La Mesa an "island."

This week, County Counsel Robert Berrey is investigating the legal implications involved in the dispute.

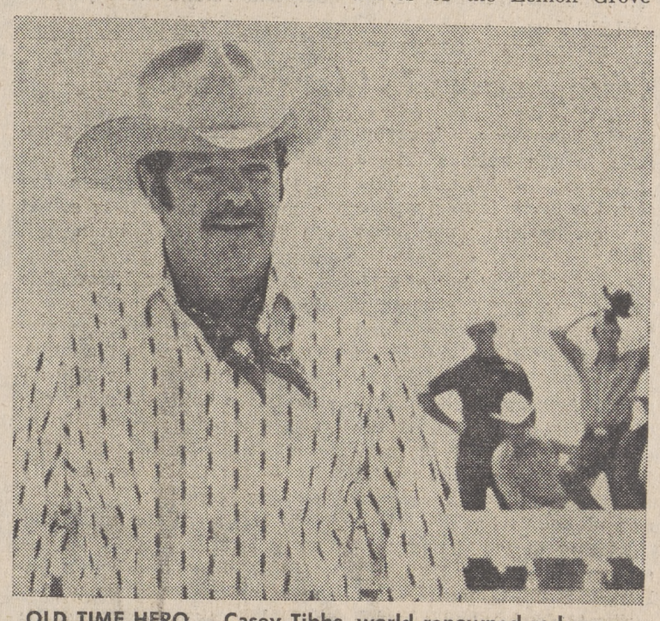
Also, members of Lemon Grove's incorporation committee are expected to meet today with La Mesa City officials to air some of their differences with hopes of reaching a compromise on the Vista La Mesa question.

LAFCO will hold another hearing after the Board of Supervisors okays the cityhood item for an election ballot. LAFCO's Mike Gotch said the matter is out of its hands until then. That action is expected at the April 21 Board of Supervisors meeting, barring further delays. The county is not expected to impose obstacles on the incorporatioin of Lemon Grove once the boundary issue is settled because it has sponsored the move from the start.

Since LAFCO meets only once a month and agenda items must be filed early in the month prior to the meeting, the LAFCO hearing could not come before June, Gotch said.

The Cityhood election is now expected on the November national election ballot. A simple majority vote is required for its success.

There have been three previously unsuccessful bids to incorporate Lemon Grove in the past 21 years — in 1955, 1958 and 1964.



OLD TIME HERO — Casey Tibbs, world renowned rodeo performer, is the Grand Marshal in the 13th annual Lemon Grove Old Time Days Parade, which begins at 11 a.m., Saturday, April 3. Among his many achievements, Tibbs was the World's All-Around Cowboy, top title in the world of rodeo, in 1951 and again in 1955. Tibbs has won more titles than any other rodeo performer in history. He is currently the director of western equestrian activities at San Diego Country Estates.

Grand Marshal Casey Tibbs Brings Rodeo Legacy to Grove Parade

The 13th Annual Old Time Days Parade has a cowboy look with the naming of world famous rodeo performer Casey Tibbs as the Grand Marshal.

A veteran of 28 years in the profession, the man described as the "greatest bronc rider that ever lived" won his first tournament at the ripe young age of 19. Since then he has won more titles in the saddle than any other contestant in history and by doing so, helped establish rodeo as a top world-wide sports attraction.

Tibbs, 47, adds to his list of credits the job of technical advisor and stunt man for 25 movies and two television series.

Included in the list of films is "Junior Bonner" and "The Cowboys." His own production of the "Young Rounders" is widely regarded as one of the best rodeo films ever made.

Tibbs was technical advisor on the television series "Stony Burke" and in 1968 his film "Born to Buck" won six awards, including the Western Heritage Award as the best western documentary.

He remains active in the breeding of bucking horses in his native South Dakota.

The DIMMER VIEW

by Max Goodwin

An Election Postponed

Some proponents for incorporation feel that La Mesa's city council, through the person of Mayor Paul Fordem, deliberately waited until the last minute to scuttle Lemon Grove's bid for a June election on incorporation.

The next month in the election-time-cycle is November, so visions of forming a city — if the election had been successful — on July 4, 1976, 200 years after this nation became free of outside rule — died when the County Board of Supervisors continued the public hearing until April 21.

The official protest from La Mesa was over boundaries but some of the sponsors of the Lemon Grove election believe these differences could have been worked out immediately after the Local Agency Formation Commission recommended that Lemon Grove's desire for cityhood was valid. LAFCO at that time said the issue was ready to go before the Supervisors for tax rate and boundary settings.

In a letter from the La Mesa Chamber of Comerce to the La Mesa City Council it urged that freeway 94 be included in La Mesa's boundaries to control the entrance and exit roads to developments in La Mesa. This is a falacious philosophy. CALTRANS controls such connections.

There are reasons to question La Mesa's virtuous rationale for protest. It is opposite the reason for Lemon Grove's need for incorporation. The reason: as long as Lemon Grove remains unincorporated, San Diego and La Mesa can nibble off bits and pieces until the leftover area becomes so small that it would be senseless to form a city unable to support itself. The alternative would be for Lemon Grove to decide between La Mesa and San Diego and annex. Law declares that no area less than a mile square may be an island and with San Diego and La Mesa boundaries less than a mile apart on the east, it would take precious little nibbling for the two cities to join tentacles, landlocking Lemon Grove.

Even those residents of Lemon Grove who may prefer annexation to San Diego or La Mesa would want a choice — a choice in the community affected rather than have the necessity for deciding whether to annex or incorporate forced upon them by an outside entity.

Noted also is the notion that La Mesa needs a population of 50,000 to become eligible for certain federal funds. If that is a fact, the scuttling of their neighbor's attempt at self-determination is a selfish move.

As part of the La Mesa Municipal code, councilmen are legally able to raise their salaries when the population reaches 50,000. No wonder the council wants peopled areas.

Both Mayor Fordem and City Attorney Lee Knudsen expressed dismay when the Lemon Grove hearing was continued until April 21. That would make the supervisors the heavy in the orchestration. But neither asked the supervisors to reconsider the postponement, it should be noted.

Mayor Fordem may face a problem from another front after he spoke of having had a "gentleman's agreement" with county officials. Supervisor Brown denies the truth of that statement. So does LAFCO. But if Fordem did indeed have a secret agreement with any element of the government he may face a court under provisions of the Brown anti-secrecy Act.

Supporters of incorporation are wondering if their group can be brought to peak again when supervisors reset the public hearing.

Regardless of the outcome, the least that can be said about La Mesa's action is that it was an unneighborly act which produced a breach that may not heal within this generation.

Ronald Reagan Says:

With freedom goes responsibility. Sir Winston Churchill once said you can have 10,000 regulations and still not have respect for the law. We might start with the Ten Commandments. If we lived by the Golden Rule there would be no need for laws.

Speech September 7, 1973
From Joe Holmes "The Quotable Ronald Reagan"

PUC Weighs PacTel Request For Directory Assistance Fee

Pacific Telephone is going a step beyond its "look in the book" campaign to reduce the volume of directory assistance calls in an application now before the California Public Utilities Commission.

If Ma Bell has her way, all phone srevice subscribers will be levied a 20-cent charge on all directory assistance (411) calls over three each month.

The change in service, one of two requests the phone company has on file with the PUC presently, will affect all forms of service, from "lifeline" to residential business. But exemptions will be available to the handicapped; specifically the blind and others unable to look in the book, according to a Pacific Telephone spokesman.

Just who would be considered handicapped hasn't been officially determined, the spokesman said. The elderly have been considered for this exemption.

The second request filed with the PUC is for bilingual operator assistance. The Commission will deal with that item after the directory assistance issue is settled.

Timed Local Calls

In the meantime, Pac Tel is busy installing new equipment in the area which will monitor the time on three types of local phone service, expected to be in operation by June 28.

Customers affected will be those on measured rate service of 60 calls a month at a charge of $3.70, "lifeline" users who are presently allowed 30 calls a month for $2.50 and business users who subscribe for 80 calls a month for $7.50.

As Pac Tel converts to time measured service, monthly limitations will be in units of five minutes or any fraction thereof.

For example, each month "lifeline" users could place 30 calls of five minutes' duration, or 15 calls of 10 minutes' duration, or one 150 minute call at the basic charge.

86 per cent of all local calls are less than five minutes, according to the phone company.

Penny a Minute

Any calls which exceed the monthly limitations will be billed at 5 cents a message unit, or a penny a minute.

Subscribers who think such service changes would bring bills higher than flat-rate service would are advised to convert to flat-rate, $5.70 for residents in this area.

Customers who will be affected by the new rate policy may upgrade to flat-rate without charge when the phone company begins time limitations.

Waiver of the $11 change charge will be good through June 30, 1977.

L.G. Kiwanis Annual Pancake Day is April 10

The 20th annual Lemon Grove Kiwanis Pancake Day Festival is scheduled for April 10 from 7 a.m. to 6 p.m. in the Lemon Grove Junior High School Auditorium.

The breakfast will consist of pancakes, ham or sausage, coffee and milk and will cost $1.50 a person. Tickets are available from members of Mt. Miguel High School Key Club, Boy Scout Cub Pack No. 399, Lemon Grove Little Leaguers and Lemon Grove Junior High Band Parade Parents. All student councils in Lemon Grove District Schools and from Lemon Grove Kiwanis members.

The proceeds will be used for youth groups, school activities, scholarships and Kids Day Parade.

Troy Street Fire Station To Memorialize S. Totten

The Spring Valley Fire Station at 8853 Troy st. will be dedicated in the name of Stan Totten, a long-time member of the district's board of directors, who died last month.

Dedication ceremonies will probably take place after the culvert enlargement project in the road at the Fire Station is completed. Traffic is presently restricted in that block.

Totten, who had not been ill, died while watching telesion on January 30.

His association with the S.V. Fire Department was of long duration. He was a volunteer in 1954 and was later elected to the board of directors where he served as chairman in 1958, 1960 and 1972.

He was a popular businessman in Casa de Oro where he operated Stan's Market on Campo rd. for years. Later, selling the market he opened Stan's Liquor store at 9907 Campo rd. which he owned at the time of his death.

S.V. Fire Chief Daryel Stager, who worked with Totten for 21 years, said Totten was "a dedicated public servant who always had the interest of the community at heart."

Mrs. Terry Graham, Totten's daughter, said a Burn Center cannister in the liquor store was filled by friends. It was turned over to the Burn Center. The center was one of Totten's major charity interests, she said.

A group of teen-agers with whom Totten was popular when he operated the market, voluntarily made a contribution they collected from among themselves.

She said the Totten family wished to express appreciation in this article to those who contributed to the Burn Center since the names of those who dropped money in the cannister are not known.

The Fire Station to be dedicated in Totten's name was built in 1949 and has not been previously dedicated.

Plywood Sheets Taken

84 sheets of plywood worth $657 were taken from construction site at 1647 San Berardino ave. in Spring Valley Thursday, James Wermers, a Lemon Grove contractor told sheriff's deputies.

The loss, he said, occurred during the night hours.

The culvert work which is presently disrupting traffic on Troy st. is part of a federal-county flood control project.

Intruder Shoots Welfare Worker

A gun blast greeted Francis Michael Witchey when he answered the door bell Thursday night at 9:30 o'clock.

Sheriff's deputies handling the investigation said that Witchey, 52, a welfare investigator, had been watching television at his home at 3952 Agua Dulce in Casa de Oro when the caller rang the bell. He was confronted by a slim white man 25-30 years of age, carrying a pistol and a shotgun, he told officers.

He said that he was shot without warning and the gunuser fled.

At Grossmont Hospital 8 shotgun pellets were removed from his neck.

Witchey's condition was described as "good" at Grossmont Tuesday.

Gas Tank Sugared

Violet E. Noel of 757 Grand ave., Spring Valley, told sheriff's deputies that she had a repairman look at her car when it malfunctioned on Thursday.

The mechanic diagnosed the trouble as granulated sugar in the gasoline tank.

It cost her $200 to have the car de-sweetened. The victim has no notion as to who was responsible for the act of malicious mischief.

Unfinished Homes Burglarized in S.V.

Ernest F. Crawford, a contractor, told sheriff's deputies that a new house he was working on at 8726 Harness st., Spring Valley, was burglarized of $150 worth of plywood and 2x4's during the weekend.

A house nearing completion at 1060 Colorado ave., Spring Valley was burglarized of tools belonging to Jaekel and Rogers, contractors. In the latter case the thief forced open a door.

Marriages

NEWSWEST — Marriage licenses were issued to:

Robert Blessing, 23, Spring Valley and Linda Trimble, 27, El Cajon.

Calvin Bunker, 23, and Roxanna Thomas, 23, both of Spring Valley.

Michael Carson, 28, San Diego and Sandra De Vill, 25, Spring Valley.

Nathan Ferguson, 18, Spring Valley and Jerron Cody, 16, Lemon Grove.

Jesse McKinney, 41, Lemon Grove and Barbara Bankhead, 32, National City.

PacTel Spends $2 Million for Area Expansion

Need for more telephones in the area has prompted Pacific Telephone to spend more than $2 million to improve service in the La Mesa area.

La Mesa exchange manager Helen Speratos said that PacTel allocated $1.19 million for outside plant improvements (lines, cables, etc.). Much of the expansion will be underground, she said.

Another $225,000 has been budgeted for equipment for the downtown La Mesa switching center.

The projects, expected to be finished by summer, will allow about 1,600 new phones in the area, Speratos said.

Another expansion plan for the El Cajon area is budgeted at $1.7 million.

TROOP RECEIVES FLAG — As Brownie Scouts from Troop 6161 stand in horseshoe formation in Rancho San Diego's Hansen Park, grown ups make formal presentation in background. Scout co-leaders Mrs. Lynn Davis and Mrs. Betty Jo Sage (left) accept an American flag from Spring Valley VFW Post 1512 Auxiliary President Mrs. Tannie Reiner. Post 1512 made the donation to be flown at the Brownie meeting place in the park.

Other Post officials present are Harry Slagle, president; Jack Brakebill, club manager; Lynn Schlaebitz, chaplain, and Valetta McRoy, treasurer.

Doctor Warns of New Dangers in Marijuana Use

"Marijuana is a perverse and dangerous drug," says Francis A. Davis, MD, "and the attempts to portray it as nearly harmless are irresponsible in the extreme. As a practicing physician, I have seen the tragic human wreckage left by heavy marijuana use."

Dr. Davis, publisher of PRIVATE PRACTICE, a monthly journal for physicians, and president of the Congress of County Medical Societies deplored the recent Federal government statement about the drug: "We know that marijuana has very serious mental and physical effects on anyone using it regularly.

Writing in the January issue of the publication, Dr. Hardin B. Jones, professor of medical physics and physiology at U.C. Berkeley, and Asst. Director of the Donner Laboratory, described these effects for practicing physicians:

1) Marijuana's effects are cumulative, since it is stored in fat cells and brain cell membranes;

2) It causes irreversible brain changes;

3) It quickly produces precancerous lesions in the lungs, which usually appear only after thirty years of heavy cigarette smoking;

4) It changes the personality — for the worse, usually causing paranoia;

5) It lowers the male hormone level;

6) It lowers the body's immuhological responses, and

7) It causes chromosome damage.

"It is truly called 'the dangerous weed'," he said

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Sunday Services

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2115 Imperial Avenue Lemon Grove, Calif
9:45 am Bible Classes — All Ages
11:00 am Morning Worship
7:00 pm Evening Worship
Wednesday 7:30 pm Charismatic Prayer Workshop
John Meacham, Pastor 464-3949, 463-9526

FIRST BAPTIST CHURCH OF LEMON GROVE
(Affiliated with the Southern Baptist Convention)
2910 Main Street P.O. Box 236
Robert Kleinschmidt, Pastor Phone 460-4811, 465-9794
Sunday Bible School 9:30 and 10:50 a.m.
Morning Worship Services 9:30 and 10:50 a.m.
Sunday Training Hour 6:00 p.m.
Evening Worship Service 7:00 p.m.
Wednesday Bible Study and Prayer 6:30 p.m.
Nursery and toddler care at all services.

SPRING VALLEY FRIENDS CHURCH
Bancroft at Kenwood
Phone: 466-3339
Dr. Fred Groetsema, Interim Pastor
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening program for the family, 7:00 p.m.
Wednesday Bible Studies 7:30 p.m.

ST. JOHN OF THE CROSS CHURCH
8086 Broadway Rectory 466-3914
Lemon Grove, California 92045
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Nursery Attendant provided.
Masses: For Mass schedule telephone church Rectory.

LEMON GROVE LUTHERAN CHURCH
2055 Skyline Drive at Alton Drive
Rev. Herbert Johnson, Pastor 465-7301
Worship Services, 8:15 a.m. & 10:30 a.m.
Sunday School, 9:30 a.m.

Ecclesiastes 3:11
He hath made every thing beautiful in his time; also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.

THE CHRISTIAN CHURCH 465-1888
6970 San Miguel Ave., Lemon Grove
Michael D. Maxson, Minister
Cynthia Ratekin, Pre-School Director
9:30 a.m. Bible School
11:00 a.m. Morning worship
5:00 p.m. Youth and family activities
6:00 p.m. Evening worship
9:00 a.m.-12:30 p.m. Pre-School Monday and Wednesday

THE UNITED METHODIST CHURCH OF LEMON GROVE
3205 Washington Street 466-8065
M-F Weekday Pre-School for 3-5 Year Olds
9:00 A.M. Church School 10:30 A.M. Worship Service

SKYLINE WESLEYAN CHURCH
1345 Skyline Drive, Lemon Grove
Skyline Drive at Jamacha Road
Rev. Orval C. Butcher, Pastor Phone 460-5000
Worship Service 9:30 and 11:00 A.M.
Sunday School 8:15, 9:30 and 11:00 A.M.
Children's Church 9:30 A.M.
Sunday Evening Expression 6:30 P.M.
Wednesday Evening Bible Involvement 7:00 to 8:30 P.M.

CASA DE ORO BAPTIST CHURCH
Freeway 94 and Sweetwater Springs Boulevard
10195 Madrid Way Spring Valley
Rev. J. Gordon Platt, Pastor 469-3196
Sunday Bible School for all ages 9:45 a.m.
Sunday Celebration and Worship 11:00 a.m.
Sunday Evening Koinonia Fellowship 6:00 p.m
Wednesday Family Night 7:00 p.m.

ST. PHILIP'S EPISCOPAL CHURCH
Palm at Hardy Drive, Lemon Grove
Rev. Kenneth R. Johnson, Rector 466-8055
SERVICES: Sundays, 8 and 10 a.m. Wednesdays, 10 a.m.
Church School and Nursery Care, Sunday, 10:00 a.m.

Social Events

Daughters Set Date for Year's Fashion Show

Court Teresa of Avila, Catholic Daughters of America, holds its annual charity fashion show, "Splashes of Spring," April 24 in St. John of the Cross Catholic Church's auditorium. Luncheon will be served at noon followed by fashions furnished by Ms. Joan's and Mario's Men's clothiers.

Mrs. Fred Cordova, show chairman, will be assisted by co-chairmen Mmes. Leonard Wallace and Maurice McCormick.

Reservations are made with Mrs. Wayne Chubb, 469-5569.

Members of the Court will hold a pot luck luncheon March 31 to discuss final arrangements for the show.

VFW Takes Part in Poison Week Program

First District VFW Posts and Auxiliaries will mark National Poison Week — March 21-27 — with the sponsorship of a public Poison Prevention Seminar March 24 at Mission Valley VFW Post Home, 4370 Twain ave., San Diego.

The free program starts at 7:30 p.m.

Mulligan stew is on the menu for the group's St. Patrick's Day dinner-dance at the Twain ave. address on March 27. Members are urged to bring guests.

Symphony Programs

The San Diego County Symphony will present Symphonic Concertante for Violin and Viola by Mozart, under the leadership of John Metzger, at Horace Mann Auditorium March 29 at 8 p.m.

Also included on the program is the overture to the opera "Der Freischutz" by Weber, "Les Preludes" by Liszt, and "Symphony No. 3 in A Minor" ("Scotch") by Mendelssohn.

Rummage is Success

Just about everything was sold in the St. John of the Cross "Spring Attic and Cellar Sale" held last week in Lemon Grove, Loretta Stenbeck reported.

Mrs. Stenbeck co-chaired the event along with Mrs. Eleanor Corrao.

The parish-wide rummage sale netted $1900 for the church, to be used for the St. John school's Resource Center.

Baha'is To Celebrate

The Baha'is of Lemon Grove and Spring Valley, will observe Naw Ruz, the Baha'i New Year, on the evening of March 20, at San Miguel Elementary school.

A pot-luck dinner is planned with square dancing to follow.

Secretaries Set Meet

The San Diego Legal Secretaries Assn. will hold its monthly membership meeting Monday at the Mission Valley Inn at 5:15 p.m.

Nancy Halsne of Spring Valley, president of San Diego Legal Secretaries Association, will conduct the business meeting.

Sororities to Meet

Xi Nu Chapter of Beta Sigma Phi will entertain Xi Iota Lambda Chapter of Beta Sigma Phi on March 22 at 8 p.m. in the Clubhouse of Rancho Mesa Bradley rd., El Cajon.

There will be a talk on handwriting analysis.

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Grove Woman Leads Club Culture Program

Xi Beta Xi chapter of Beta Sigma Phi holds a business meeting Tuesday at 8 p.m. at the home of Mrs. James Pastore, 1140 Cloverleaf dr., El Cajon. A cultural program titled "A Woman Chooses" will be given by Evelyn Ciolfe of Lemon Grove. Hostess Mary Ann Pastore will provide refreshments.

Sub Vets to Install At Catamaran Hotel

San Diego Chapters of U.S. Submarine Veterans of WWII and Wives will install officers jointly Saturday, March 27, at a dinner-dance ceremony at the Catamaran Hotel.

James R. Harris will be installed by State Commander John Kreis of San Diego. Cmdr. J. L. McGrievy is master of ceremonies. Rear Adm. John G. Williams, Jr. is speaker.

A featured part of the program is the group's traditional candlelight memorial service for the 52 submarines lost in service during WWII.

Social hour is 6:30. Reservations may be made at 298-1761 or 224-9597.

Mail Bag

New CHP Radar Units Won't Trap Speeders

Dear Editor:

Since my announcement that the California Highway Patrol would seek 200 radar units in the 1976-77 budget, the frequently voiced opinion of those who oppose radar dwells on their belief that the instrument would be used to "entrap" them.

I regret that such a conclusion has been reached, because I have consistently stated that the California Highway Patrol would never use radar from a hidden position or in an unmarked vehicle.

Radar will accompany uniformed officers in black and white patrol vehicles. Enforcement policies will not change in any way. We will continue to require that patrol vehicles be in view. Radar will provide a more efficient means of measuring vehicle speeds, but nothing more. In fact, it will only be used on roads with a 55 mph maximum limit, and in school zones with identified speed problems.

Because of the misconceptions which have arisen, I believe it is extremely important that all Californians understand the actual guidelines under which radar will be used by the Highway Patrol. I take this means of addressing the issue to set it before as many Californians as possible.

G. B. Craig
Commissioner

First OK Given Sweetwater Park

State Assemblyman Wadie P. Deddeh (D-Chula Vista) announced recommendation by the State Parks and Recreation Department to the County of San Diego of $126,375 for the development of Sweetwater Regional Park.

The recommendation will be submitted to the Federal Bureau of Outdoor Recreation for final approval and funding under the Land and Water Conservation Fund Act. The grant is to be matched by the county.

The program is to assist state and local governments in acquiring and developing outdoor recreation resources. It is administered in California by the Department of Parks and Recreation.

Funds are derived from the sale of entrance permits at federal outdoor recreation areas, from sale of federal surplus property, from special marine fuel taxes, and from oil revenue from the Outer Continental Shelf Act.

AREA BIRTHS

Grossmont Hospital recorded the following births between March 2 and March 8.

March 2

Mr. and Mrs. Roger P. Tilton of Lemon Grove, a son, Jeffrey Paul.

Mr. and Mrs. Gary F. Fuller of Spring Valley, a girl, Shawna Lee.

March 5

Mr. and Mrs. Lawrence N. Wilkins of Lemon Grove, a son, Jonathan Paul.

March 8

Mr. and Mrs. Richard A. Farr of Spring Valley, a girl, Christina Angela.

Mr. and Mrs. Ovilio Martinez of Lemon Grove, a girl, Jennifer Lynn.

Church to Screen 'Israel's Invasion'

"The Coming Invasion of Israel", a hard-hitting film which deals with today's headlines from the Middle East will be shown Sunday at 6:30 p.m. at the Bancroft Baptist Church at Bancroft and Tyler st. in Spring Valley.

Using the Bible as its authority, (Ezekiel 36-39 and Daniel 11th chapters) reveals God's plan for Israel as the nation faces grave crises in the months to come.

One of the phenomena which characterizes the modern world is the rapid rise of Russia as one of the great nations of the world.

20 years ago Russia was a broken nation, its manpower destroyed, its cities in ruins, and its industries disorganized. Today, Russia is one of the great military and political powers of all history. What the Bible says about this great power and how it fits in with God's plan are dealt with in an unusual film according to the Rev. James W. Ramsey, pastor.

Area Obituaries

Esther Hadley

Services were held Tuesday in Bonham Brothers Mortuary Chapel for Mrs. Esther W. Hadley, 85, of 6970 Central ave., Lemon Grove. The funeral was held under the auspices of the Southwest Chapter 345 of the Order of Eastern Star.

Cremation was planned with inurnment in Mrs. Hadley's native town of Newton, New Hampshire.

She was a past matron in the Order of Eastern Star, a charter member of the Daughters of the Nile's Mecca Temple No. 34 and past noble grand matron for the Starlight Rebekah Lodge of New Hampshire. She was a resident of the county for 52 years, most of that time as a resident of National City.

She was also a past president of the Scottish Rite's Women's Association and a member of the First Baptist Church of National City.

She died Friday in a hospital.

Survivors include a daughter, a brother, three grandchildren and nine great-grandchildren.

The family suggest contributions to the Shrine's Crippled Children's Hospital in Los Angeles.

Speakers Class Opens

Learn to speak with self confidence and humor at a class reopening on Tuesday at 7 p.m. at Helix Adult School, Room 330. Marjorie Campbell is the instructor.

Two-minute extemporaneous talks on preselected subjects and five minute prepared talks are part of the class work.

Button Program Planned

Mrs. Beulah Ross, "The Button Lady", will offer a free lecture on buttons at the Fine Arts bldg., 8053 University, La Mesa on March 29.

The program is sponsored by the Showcase Writers club.

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Record Set for Scout Cookies

More than 10,000 Girl Scouts participated in a record setting sale for Girl Scout Cookies resulting in 470,524 boxes ordered for San Diego and Imperial Counties during February 20-29, announced Mrs. Gary Helming, El Cajon, chairman of the Annual Sale.

Sale of 76,000 boxes more than last year's total produced a 19.5% increase. Across the U.S.A. the increase was 8 per cent. Cookies will arrive in San Diego the week of March 22 with deliveries March 26 through April 4. Some booth sales in shopping centers will be scheduled on the weekends.

Nearly 2,500 Scouts sold more than 76 boxes in a special salute to the Bicentennial and to the opening of the first three Scout units on Camp Winacka near Julian this May.

1,000 Scouts sold 100 boxes of cookies and will be hosted at the May 27 San Diego Padre-Giant game.

The Council goal for the 1976 sale was 400,000 boxes. The 76,000 box increase will make available additional funds for development of Winacka, program operations and Scout camperships.

In Spring Valley

Last week Girl Scouts all over the world took part in Girl Scout Birthday March 12 by lighting Freedom Torches at the same time.

Locally, on Friday, 27 troops of the Valley de Oro Ed Center held their Freedom Torch ceremony. Approximately 75 Girl Scouts participated in the 5 o'clock ceremony in the S.V. Park which culminated in candle-lighting.

Marie Hitchcock Named One of Year's Top Women

Spring Valley's famed puppeteer, Marie Hitchcock, will be feted April 7, as a "Woman of Achievement," by the Presidents' Council of Women's Service, Business and Professional clubs.

She is one of 14 San Diego County women who will be recognized at a 7 o'clock banquet at Vacation Village.

From the honorees, one will be designated "San Diego County Woman of the Year."

Mrs. Hitchcock, who is San Diego's official Puppet Lady by proclamation of the Mayor, purchased her first puppet to amuse nieces and nephews in 1946, the citation says.

"This began a long and successful career. It is estimated 350,000 children have learned about kindness to animals, respect for law, dangers of drug abuse and other valuable lessons through this media," the citation concludes.

Mrs. Gladys Vogel of La Mesa is chairman of the event.

Dr. Fessler Named Diplomate of ABFP

KANSAS CITY — Dr. Myron Dale Fessler, a member of the L.G. Medical group, ha been named a diplomat of the American Board of Family Practice (ABFP) as a result of passing a certification examination offered by the ABFP. He is now certified in the specialty of family practice.

The intensive 2-day written examination taken by Dr. Fessler is designed to prove his ability in the areas of internal medicine, surgery, obstetrics, gynecology, pediatrics, psychiatry and community medicine.

To qualify for the examination a physician must have completed either a 3-year family practice residency or have been in family practice a minimum of six years and successfully completed 300 hours of continuing medical education approved by the American Academy of Family Physicians.

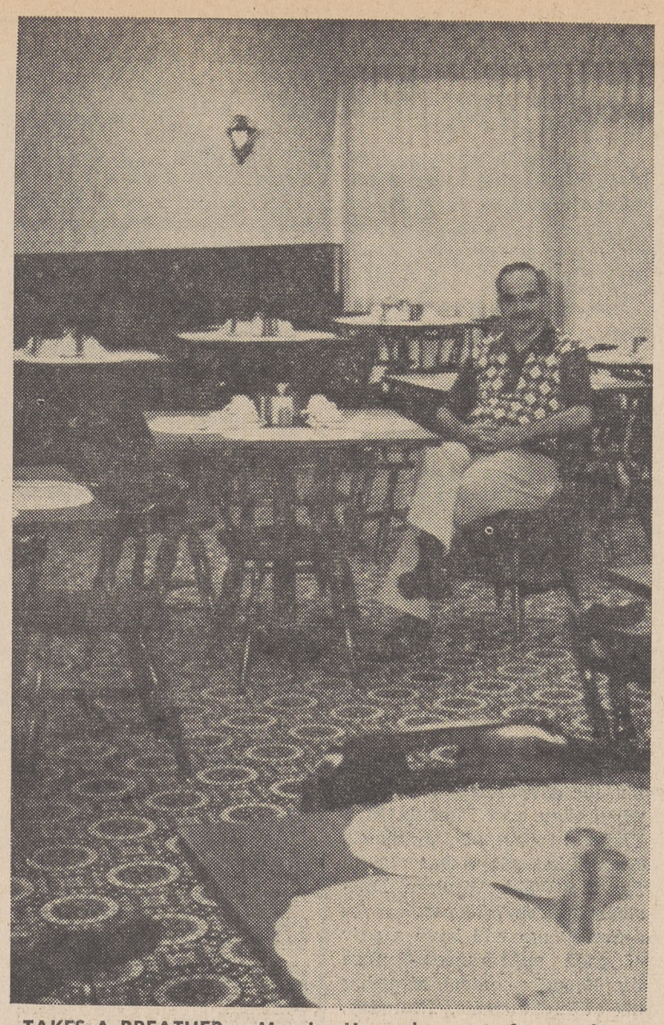
He is also president of the Lemon Grove Rotary Club.

PTA to Bowl For Money

The Golden Ave. PTA is sponsoring a 50-50 bowling party as a PTA fund raiser on March 28 from 1 to 5 p.m. at the Brunswick Bowlero.

Tickets are $6 and include three games of scotch bowling, a hot roast beef lunch and a drawing. Trophies will be awarded.

Baby-sitting will be provided for children through eight years of age. Tickets are available by contacting Mrs. Vern Johnson at 462-4447.



TAKES A BREATHER — Maurice Harouche rests after working late hours last week to prepare his new Skandia Smorgasbord banquet room which is now open for bookings in the new Lemon Grove shopping plaza near Kempf st.

IRS Urges Close Look at Earned Income Credit Item

Many Southern Calif. taxpayers who earn less than $8,000 per year will slow down their refund by not claiming the "earned income credit" on their tax return, according to the IRS.

The earned income credit is a change in the tax law, for this year only, giving taxpayers with dependent children and an income of under $8,000 an extra credit of up to $400 on their income tax.

The law provides that taxpayers be given 10 per cent credit for the first $4,000 of their earnings. The credit is then reduced by 10 per cent of earnings over $4,000. Once the taxpayer's income reaches $8,000, the credit is canceled out.

Taxpayers must file a return to receive the credit. Those taxpayers earnings under $8,000 who file and do not claim the earned income credit — and some 13 per cent of the returns received at the IRS Service Center in Fresno so far did not — are delaying their refund while the Service Center sends the taxpayer a questionnaire to determine if they are eligible for the earned income credit.

Taxpayers who have already filed and did not claim the credit should not file an amended return in order to claim the credit. They will receive credit for it once they return the questionnaire to the Service Center.

Elem. Students Invited To Opera Production

Local elementary school students are invited to see Act II and III of San Diego Opera's upcoming production of "Der Rosenkavalier" on Thursday evening, March 25 from 6:30 to 8:30 p.m. in The Civic Theatre.

The production will be abbreviated due to the two hour student production time limit and will include the actual cast slated for the opera company's presentation March 27, 30 and April 2, 4.

The production of "Der Rosenkavalier" will feature soprano Johanna Meier as The Princess, Richard Van Allan as Baron Ochs, Sylvia Anderson as Octavian, Patricia Wise as Sophie, and Derek Hammond-Streoud as Faninal.

Students may order tickets through their schools.

Triple Film Feature To Play at Grossmont

Grossmont Community College District's Office of Community Education will present a triple feature film program at 7:30 p.m. on Saturday and at 2:30 p.m. on Sunday in the college's Fine Arts Recital Hall.

Scheduled to be screened are "The Big Broadcast of 1932," featuring George Burns and Gracie Allen, "The News Parade of 1938 and 1939" and "Tit for Tat" starring Laurel and Hardy.

Admission is 75 cents with tickets available at the door.

Mission Bay Egg Hunt To Be Held in April

The tenth annual Mission Bay Easter Egg Hunt will begin at 1 p.m. on Saturday, April 17 in an area along Quivira road between Seaforth Sportfishing and Hana Kai Landing.

The Mission Bay Associates' sponsored event is open to children through nine years of age and a special area will be reserved for toddlers.

Scattered among the 3,500 eggs will be specially marked eggs redeemable for prizes.

The event is free and open to the public.

TV Special to Trace Life of France's Greatest Pop Star

To the people of France, Edith Piaf was probably the greatest singer ever known. An international star, she was their heroine. A dazzling talent and dauntless soul, immortalized by the unique and compelling singing style that made her famous throughout the world.

"I Regret Nothing," recaptures the greatness of the remarkable Piaf in a film biography of her life, airing Saturday, at 9:30 p.m. on Channel 15 KPBS, as a special acquisition for its Festival '76 membership drive.

The touching film reveals bittersweet moments in Piaf's life — her many love affairs, and continuous battle against ill health, alcoholism, drug addiction and personal tragedy.

Piaf sold over 40 million records and toured most countries of the world. She also discovered and encouraged some of France's leading singers and actors.

In the imported, BBC produced program, Piaf is seen on stage and at home in rare films and photographs throughout her life, before her death in 1963.

Junior High Kiwanis Chartered Here Wed.

The new "Kiwanis Builders Club" of Lemon Grove Junior High will receive its charter Wednesday at the regular noon meeting of Lemon Grove Kiwanis at the Brunswick Bowlero, 7066 Broadway, Lemon Grove.

"Builders Clubs are a new project by Kiwanis International for junior high school students," said Woody Mott, Kiwanis press chairman. "The name 'Builders' was inspired by the Kiwanis motto, 'We Build'." The Lemon Grove Builders Club will become the 31st club chartered in the United States.

President-elect Mark Faucher, grandson of Kiwanis Division 11 Lieutenant Governor "Frenchie" Faucher, will accept the charter from Mort Freedman, governor of the California-Nevada-Hawaii District.

Freedman will be the guest of Division 11 that evening at a meeting in the Cotillion Room of the El Cortez Hotel.

No-host cocktails are at 6 p.m. followed by dinner at 7:30. Reservations, at $9 each, are taken at 499-9625.

Awards for outstanding service will be presented at the gathering.

Camp Fire Girls Mark Anniversary

Camp Fire Girls will celebrate the American Bicentennial and their own 66th Birthday Celebration, in their annual Birthday Fair to be held Saturday 10 a.m.-3 p.m. at Mission Valley Center.

More than 500 Camp Fire Girls of the Tahoway District of the San Diego Council will dress in official costumes of red, white and blue, staffing some 50 booths and active displays, including early American arts and crafts, gardening and first aid. Group flags, many in Indian symbols, will fly from each group.

Camp Fire Girls from the youngest 6 year old Blue Birds to the 17 year old Horizon Club members will participate.

Highlighting the day's celebration is the 2nd annual birthday cake decorating contest. After judging, cakes will be served to the public.

Mothers-Daughters In Hospital Aid

"Sprite", a mother-daughter group in La Mesa which has contributed more than $8,000 to local causes in the 8 years of its existence, announced that $400 was recently donated to Grossmont Hospital to assist in the purchase of a chest percussor/vibrator.

The device is used to gently loosen, by vibration, thick secretions in the lungs of patients with respiratory distress. Formerly, treatment was performed by therapists "beating" on the back with cupped hands or by massage with a small hand-held vibrator.

Sprite generates funds by an annual luncheon-fashion show and the sale of handmade boutique items. Members also give thousands of hours annually to non-fund-raising endeavors, it was reported.

$100 Dinner for Candidate in L.G.

Cheryl Briggs, candidate for Second District Supervisor, is being honored tonight at 7 o'clock by friends and supporters at a fund raising dinner at the Blue Man restaurant in Lemon Grove. The dinner is $100 per couple.

Eat and Grow Younger

Whole Seeds Hold Germ of Life

By Lelord Kordel

Number Ten of a Series

Modern diets ignore the axiom that seeds hold the germ of life. Too often overlooked is the fact that nature has placed in seed foods the concentrated essence of all nutrition to provide for the sprouting plant. Proteins are centered in the seeds so the new life may receive ample nourishment for normal growth.

Little by little, modern nutritional science is inclining to the belief that whole seed cereals (I stress "whole" because of the health-blind custom of milling most of the food value out of our cereals) can supply for your diet a now missing something that formerly was there when life and eating habits were much closer to the primitive.

In fact, several biochemists have told me it is their private opinion that only when we regain that missing "something" in our diets which the primitive peoples enjoyed will we find the preventive for many of our deficiency and wasting diseases.

Millet Ranks High

Millet is the first of the seed cereals that should be on your table regularly.

Little known in this country, except as poultry and animal feed, millet has been one of the principal grains of Eastern Europe, Africa, Siberia and China for centuries.

Laboratory investigations have revealed that no food is digested with as great ease as millet. It does not ferment in the stomach, causing digestive and intestinal distress, as do foods made from white flour and other devitalized grains.

After World War I, millions of peasants in White Russia faced starvation. In desperation, they ate the millet which had been put away for the chickens they no longer had.

And what happened? Not only did these peasants survive the long period of famine, but they soon discovered they were enjoying better health than they had ever known while consuming their former varied diets.

The completeness and high quality of the protein in millet make it possible for your body to be well supplied with essential amino acids, even though little or no other protein foods are eaten.

Starch is never a safe substitute for protein.

The only foods which should ever appear in the menu as honest substitutes for a meat dish are eggs, cheese, milks and high-protein seed cereals. By adding extra amounts of dry skim milk to these protein meat substitutes, a meatless diet can be within the safe daily minimum of 100 to 150 grams of protein.

Now don't get the idea that I'm recommending that you do away with meat in your diet, and substitute millet. Meat is an unexcelled, hard-to-replace food, but there are thousands of persons living on incomes that won't permit their purchasing meat every day in the week. For that reason, I believe that more recognition should be given to millet (sunflower seeds, too) as a nutritionally safe, low-cost, easily digestible meat substitute.

Sunflower Seeds Rich

Sunflower seeds are another highly nutritious seed food that we supply generously to parrots and chickens, yet neglect to utilize in raising the standards of our under-par human diets.

Back in the days of the czars, every Russian soldier in the field was given his daily "iron ration" — a two-pound bag of sunflower seeds.

Because the army away from its supply bases was sometimes forced to live exclusively on these seeds, the officers furnished their men with this tasty, lightweight food knowing that it gave them all the nourishment needed to keep them in good condition. Besides the protein, vitamins and other minerals, two pounds of sunflower seeds contain about 21 milligrams of iron.

The average grown man requires at least 12 milligrams of iron each day for optimum health, while the average woman needs a minimum of 15 milligrams.

Because of the flower's close affinity to the sun, sunflower seeds are an extremely rich source of vitamin D, being one of the very few plants containing this "sunshine vitamin."

Sunflower seeds may enter our diet in several way. The hulled seeds make a delicious confection, with a flavor far superior to peanuts.

Millet and sunflower seeds contain lecithin, an important ingredient of your nerve tissues.

Your nervous system uses lecithin to aid in generating nerve electricity. When your nerves are plentifully supplied with lecithin, your body abounds in nervous energy; but when the supply of lecithin gets low as it does at the end of the day, nerve energy decreases, and you say you are "tired and sleepy."

A serious deficiency of lecithin in the diet can bring on a nerve exhaustion that is characterized by a chronic fatigue which rest does not alleviate.

For added low-cost protein-nutrition it will pay you to get acquainted with millet and sunflower seeds. Both are available in health food stores —who stock them shelled and ready-to-use.

This Week's RECIPE

Pineapple Pie is Tropical Dessert

Say "Aloha" to a very moist and scrumptuous dessert, Hawaiian Pineapple Pie. The taste of the tropics comes through in refreshing coconut and tangy pineapple. But there are other good ingredients, too — uncooked quick or old fashioned oats and raisins. Take your taste buds on an island tour at a price you can afford.

HAWAIIAN PINEAPPLE PIE
(Serves 8)

- 3 eggs
- ½ cup granulated sugar
- 1 cup firmly packed brown sugar
- 2 tablespoons butter or margarine, melted
- 1 teaspoon vanilla
- 1 cup quick or old fashioned oats, uncooked
- ½ cup shredded or flaked coconut
- ½ cup raisins
- One 8-oz. can crushed pineapple, undrained
- One 9-inch unbaked pie shell

Heat oven to moderate (350°F). In large mixer bowl, beat eggs at high speed until lemon colored. Gradually blend in sugars, beating well after each addition. Add butter and vanilla; mix well. Stir in oats, coconut, raisins and undrained pineapple; mix well.

Pour mixture into unbaked pie shell. Bake in pre-heated oven 50 minutes or until filling is set. Cool on wire rack before serving.

Spring Valley Bulletin

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Council Formed To Investigate Sex Inequities

E. Harrison Hall has been appointed campus Compliance Officer for Title IX of the Education Amendment of 1972. Hall is currently vice president for Student Personnel Services.

Title IX is a Federal regulation governing elimination of sex discrimination in education. It states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of or be subject to discrimination under any educational program or activity receiving Federal financial assistance."

Hall noted that "A committee has been established that will immediately commence an institutional self-analysis of the college's current policy and practices and recommend their modification to insure continued compliance with Title IX." Hall was recently appointed by Grossmont Community College District Superintendent Dr. Robert N. Burnham.

The committee's findings will be published when the final report is submitted to the Superintendent by July 21.

New Animal Shelter Opens in Southeast

The County opened a new Animal Control Shelter in the Southeast San Diego area on Friday.

The shelter, located at 5821 Sweetwater rd. in Bonita, will provide services to residents in the area that lies south of Highway 94 and east of Wabash blvd. including the communities of Southcrest, Valencia Park, Encanto, Skyline and Paradise Hills.

About Your Health

Body Contouring

In popular usage, the term "body contouring" might be applied to exercise, massage, diet and a number of other physical fitness measures. In the medical sense, however, body contouring is a surgical procedure through which excess skin, along with a small amount of underlying fat, is cut away.

The most common reason for seeking this type of plastic surgery is because a person has lost a considerable amount of weight through dieting and is left with hanging folds of skin and tissue in the face, neck, arms, breasts, abdomen and thighs. No matter how diligently these people may exercise following their weight loss, it may not be possible to firm up this surplus skin.

Excess Fat

Some women find that their abdomen is badly stretched following pregnancy and seek body contouring to correct this defect. In other instances women seem to concentrate their fat in the buttocks and thighs. No matter how normal their measurements elsewhere may be, their appearance is marred by this concentration of excess fat. This condition can be corrected surgically. The general sagging of skin throughout the body which occurs with aging can also be corrected through body contouring.

In the procedure, the excess skin is cut away in various patterns, depending on its location on the body. Usually the skin is removed in oblong-shaped segments. The remaining skin edges are then pulled together and sutured. The incisions follow the natural folds of the body so that the resulting scars are as inconspicuous as possible.

Leaves Scars

In spite of the care that is taken to carry out the procedure with a minimum of undesirable after-effects, certain risks are associated with body contouring, and prospective patients should be aware of them. There are scars remaining but in many instances they can be so placed that they are virtually invisible.

For example, if skin and fat are being removed from the abdominal area the scar will run across the lower abdomen. If a thigh lift is being carried out, the scars will be located in the groin and the buttocks fold. But some excisions in the thighs and upper arms leave scars that are visible when the patient wears light, summer clothing. Since these scars are often wide and quite fibrous, many patients find they are disappointed in the results of the surgery.

For some patients the recovery period takes longer than was anticipated. This may be because of a number of complications, such as hemorrhaging under the skin with the resultant forming of clots, prolonged swelling, infection, and the permanent deterioration of some of the involved skin and underlying tissue.

But for the patient whose scars are not so visible as to be blighting and whose recovery is unmarred by complication, the process of body contouring can produce gratifying physical and psychological improvement.

Arthritis Advice In Booklet Form

"Victims of arthritis — America's number one crippling disease — should consult a physician to assure that home activities are not damaging their joints," reports Dr. Richard M. Braun, chairman, Medical and Scientific Committee of the San Diego Arthritis Foundation.

"Exercise is important to maintain joint mobility, the wrong kind can harm rather than help arthritis victims," he said.

Exercise may be varied from simple movement of hands, arms and elbows to special sit-ups and breathing exercises.

The physician can also offer a special booklet on home care programs. These are provided free and if the patient's doctor doesn't have them, his name and address may be given to the SD Chapter of the Arthritis Foundation at 3719 4th ave., and he will be supplied.

Building Activity Gains Continue

County-wide building permits continue to show gains against last year.

In February this year 1,054 permits were issued for construction valued at $22,678,000.

Last year there were 760 permits for $8,936,000.

For the first two months 2,235 permits were issued for construction worth $51,439,000. Last year 1,430 permits had a value of $23,460,000.

Bruins Drop Aztecs In NCAA Playoffs

The San Diego State basketball team wrapped up the 1975-76 season last week with a 74-64 loss to UCLA in the first round of the NCAA Playoffs at McArthur Court in Eugene, Oregon.

The Aztecs finished the season with a 16-13 overall record, were 5-5 in the PCAA and won the conference's first Post-Season Tournament.

Senior forward Steve Copp paced the Aztecs against the Bruins with 20 points and 11 rebounds in his final appearance in a San Diego State uniform.

Senior forward Bob Kovach added 11 points and six rebounds. Junior center Will Connelly had 11 points and nine rebounds and senior swingman Allen Bunting had 10 points and five rebounds.

Lacroix, Hunt Named 'Champs'

Hockey ace Andre Lacroix and distance runner Thom Hunt have been elected February Stars of the Month by the San Diego Hall of Champions Breitbard Awards Committee, and athletes in three other sports are being cited for exceptional performances.

Lacroix, center for the San Diego Mariners, usually is recognized for his scoring talents, but this time he was singled out among the professionals because of brilliant defensive play which kept his team in the running for a WHA playoff spot.

While he did manage three goals and 11 assists, he was even more effective on defense, being on the ice 46 minutes while the Mariners were shorthanded because of penalties. During that span San Diego gave up only two points.

A Patrick Henry High student, Hunt turned in a 4:02.7 mile effort to break the world prep mark by nearly four seconds during the Jack-in-the-Box Indoor games here. It was the second best mile ever turned in by a San Diegan.

Previously, Hunt had negotiated the third fastest prep two mile in history with an 8:52.3 clocking at the Times Indoor Games in Inglewood.

L.B. Streets Course For U.S. Grand Prix

25,000 "spherical elastic attenuators" will be used to protect racers March 26-28 at the U.S. Grand Prix West Formula 1 World Championship contest through the downtown streets of Long Beach.

What is the "spherical . . . etc?" That's 25,000 tires lashed together in rows 4 deep and 8-10 tires high on barriers at curves and turns.

Some of the top drivers in the world will be on hand together with about 90,000 race fans along the 2.02 mile course with its 12 turns.

The course is near the ocean front and the Queen Mary.

Pele, Million Dollar Man, Here for Soccer Wed.

A great outpouring of fans is expected Wednesday night when the world's highest-paid athlete comes to San Diego to show why he demands more than a million dollars a year.

Pele, together with the New York Cosmos, will face the San Diego Jaws across Balboa Stadium's soccer field starting at 8 p.m.

It will be the Jaws third pre-season game. Losing 2-0 to the Dallas Tornado Friday, Jaws coach Derek Travis is taking his team to San Francisco's Cow Palace Friday for the first indoors game of the season.

An "open to the public" banquet at which Pele, the Cosmos, and the Jaws will be in attendance, is scheduled for Monday night at 7. Reservations can be made at the Jaws office — 284-9227. Dinner is $6 with the proceeds going to San Diego's amateur soccer program.

The Wednesday night game at Balboa Stadium with Pele and the Cosmos starts at 7:30. An amateur game will be fielded at 6. Tickets may be obtained at Ticketron offices and Jaws headquarters at 3737 Camino del Reo South—suite 301.

Prices are $4.75 to $6.75.

Phoenix Returns to Arena For WHA Game Saturday

The San Diego Mariners attempt to close ground in their bid for a second place finish when they host Phoenix in a WHA meeting at the Sports Arena, Saturday. Game time for the WHA Western Division rivals is 7:30 p.m.

San Diego will have a pair of road appearances before the Phoneix contest, stopping off at Indianapolis, Thursday, and Houston, Friday.

Coach Ron Ingram's skaters dropped two of three games with division-leading Houston last week but still remain close to second place Phoenix in the three-team West.

Winning is becoming critical, however, as San Diego, beginning this week six points behind the Roadrunners, has only four of twelve remaining games at home.

Center Andre Lacroix remains the team's scoring leader with 87 points in 68 games but is getting a spirited battle from center, Ray Adduono only ten points away. Left winger Gene Peacosh is the top goal scorer with 33, two more than right winger Norm Ferguson.

Lacroix, all-time WHA scorer with 469 career points and winner of the league point title twice and second in his other term, is currently ninth in this season's standings.

IPP Tennis Finals This Week

Celebrities Scheduled For La Costa Tourney

Move over Jimmy Connors. Make room for "Dirty Harry."

Clint Eastwood, Merv Griffin, Gene Hackman headline a lineup of tennis-playing celebrities who will join the pros starting Friday at the $100,000 Independent Professional Players finals now in progress at La Costa.

Seeking the single first place purse of $30,000 are Connors, Ilie Nastase, Guillermo Vilas, Roscoe Tanner, Vitas Gerulaitis, Marty Riessen, Sandy Mayer and Eric Van Dillen, among the 16 pros originally entered.

Eastwood, Griffin and Hackman all take their tennis seriously and will be joined by Burt Bacharach, Carl Reiner, Wayne Rodgers, Richard Crenna and Mike Connors.

"Eastwood and Griffin have been practicing for a month for their appearance at La Costa," said tournament director Don Hamilton. "And Bacharach, living near-by, has been 'warming-up' daily."

The celebrities, always a welcome addition to the La Costa event, will play with the pros both Friday afternoon and evening as well as during Saturday's and Sunday's matches.

Week-end Schedule

Singles and doubles competition among the pros continues throughout the week starting at 1 and 7 today and Friday. Saturday and Sunday action begins at noon.

Semi-finals will be played on Friday. The singles finals will be Saturday, and Sunday's schedule includes a third-place singles showdown as well as the doubles finals.

Tickets for all these matches are on sale at the La Costa ticket office and at Ticketron outlets. Prices for reserved seats start at $4 Thursday and $6 Friday, Saturday and Sunday.

Tickets Available For Tournament of Champions

CARLSBAD — Golf fans can save $23 by purchasing season tickets for the prestigious MONY Tournament of Champions, announced tournament director Tommy Jacobs.

The 24th annual MONY tournament which features the world's best golfers, will be played April 15-18 at the beautiful La Costa Country Club.

Daily tickets are $4 for Tuesday and Wednesday, $5.50 for Thursday and Friday and $7 for the exciting concluding rounds Saturday and Sunday.

Season tickets, good for practice rounds Tuesday and Wednesday, plus the four rounds of the tournament, cost only $22.

Free daily parking is included in the price of season tickets.

"As a bonus for season ticket purchasers, we're including three additional tickets, which are good for practice rounds either Tuesday or Wednesday," Jacobs said.

Total cost of ticket purchased on a daily basis would be $45.

Season tickets may be purchased now at all San Diego area golf shops and at La Costa, where the telephone number is (714) 438-9111, ext. 214, 215 and 216.

San Diego Base For Women's Pro-Softball

San Diego's newest professional baseball team, the Sandpipers, will make it debut here on May 30.

The Sandpipers, a member of the International Women's Professional Softball Assn. will play 60 games. Home games will be played at San Diego State's baseball diamond.

The team will play 7-inning doubleheaders on the 30-game home schedule.

Opener is against the Santa Ana Lionettes.

A tryout for girls over 16 interested in playing pro baseball will be held March 27 at 12:30 at El Cajon Bobby Sox park, 189 Roanoke st. Telephone contact is 435-2744.

Gulls vs. Sharks For SD Amateurs

The San Diego Gulls against the San Diego Sharks.

Sounds like a good, old time match-up. It's on April 11.

The game will benefit the S.D. Amateur Hockey Assn. with funds to purchase ice time for the Sharks 1976-77 season.

Former Gulls scheduled to play include Willie O'Ree, Sandy Fitzpatrick, Bob Courcy, Len Ronson, Irv Spencer, Earl Heiskala, Jim Schraeffel, Ed Ehrenverth, Jim Shires, Bob Champoux, Bob McKinstry, Gordie Sinclair, Dale Pennock, and others.

Tickets, $3 for adults and $1.50 for children, may be obtained from Art Berry's Sporting Goods shop on Broadway at Imperial.

Ladies Night New at Orange Drag Races

Not since its grand opening in August 1967 has Orange County International Raceway enjoyed the success it has experienced since the start of the 1976 season, reports its operators.

In January, OCIR's "Season Opener" attracted 10,300 spectators accounting for the largest crowd ever in that month.

Then came the first ever "East vs West Top Fuel Dragster, AA/Funny Car, Rocket Dragster and Wheelstand Championships." The end result of that race was a crowd of 13,100 accounting for not only the largest ever February crowd but the largest audience in the history of winter season drag racing at OCIR, in addition to producing the third highest gross of all OCIR events.

The next major event is scheduled for Saturday, March 20. How about a ladies night at the drag races? If professional sports as baseball, football, basketball, etc., could have ladies nights, why not try it in drag racing?

So on Saturday, March 20, for the first time at OCIR the ground-pounding thunder of 16 of the sport's finest AA/Funny Cars and a post-race concert by Orange County's "Red Mountain" rock band will acknowledge the premiere Orange County Ladies Night at the drag races.

The event will feature over 30 AA/Funny Cars and a format returning to the more popular qualifying/elimination type program with the 16 quickest qualifiers during the afternoon racing in the first round at 7 p.m.

Hollypark Calendar For 1976 Given Free

The 1976 Hollywood Park Racing Calendar, a beautifully-illustrated brochure that details the 49 stakes events to be presented during the upcoming meeting, is now available to racing fans without charge.

The colorful calendar contains a listing of all 79 days of the thoroughbred season that opens Friday, April 9, and pinpoints such classics as the $200,000 Hollywood Derby, April 17, the $200,000 Hollywood Invitational Turf Handicap May 31 and the $250,000 guaranteed Hollywood Gold Cup June 20.

To get a free Racing Calendar send a card to: Racing Calendar, P.O. Box 369, Inglewood, CA, 90306.

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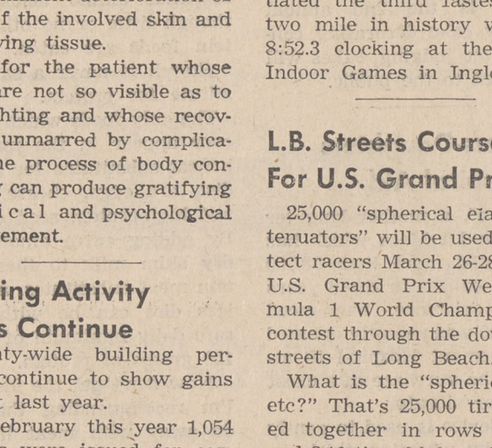

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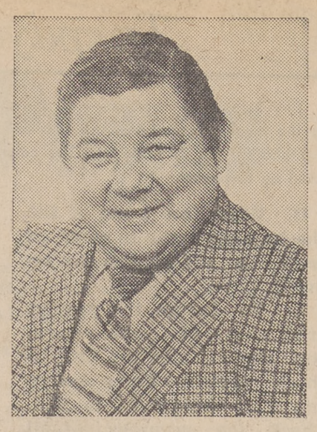

By John E. Wirges

There's magic to be seen in the wearin' of the green

Ah Surr, and it's the day of the leprechauns and Irish coffee. A day for charmin' the ladies and dancing and telling tall tales and drinking great draughts of beer and ale and eating corned beef and cabbage.

Happy Saint Patrick's Day. And I hope you're wearing green somewhere except around your gills.

And isn't this the dandy-handy time to be hearing about golf ball that is not only supposed to be lucky, but tees up under the name of "Shamrock."

The tale is told by Stan Wood, the great golf coach at USC who makes a habit of sniffing out links stars from the San Diego prep ranks. Wood, who is also a connoisseur of fine wines and good food, is a friendly fellow much sought after as playing partner when Hollywood swingers get out in the fresh air and get in their exercise on golf courses around and about.

It was at just such a function that actor Howard Keel registered an amazing 1-2-3-4-5 series on his score card and wouldn't you know, he did it with the new Shamrock ball.

For reasons that probably have something to do with marketing, the Shamrock ball only carries one of two numbers. They come as either 7's or 11's. That's building for luck.

Jack Kirby, prexy of the Shamrock Golf works, offered one of his new balls to Keel as the group tee'd up on the third hole at beautiful Bel-Air country club, and Wood says the rest is for the record.

The third hole at Bel-Air is a 155 yard, par three test and Keel promptly canned a seven-iron for an ace. The next par three came at the fifth hole and Keel birdied it. He pared the very rugged test at 10 with a three and then lost the ball in the rough on 11. Then he bogied the par-3 13th hole, and then took a double bogie on the par-3 16th.

"Think of it," says Wood. "Of the five par-3's at Bel-Air, Keel went 1-2-3-4-5 in order. And even in Saint Patrick season, that's no blarney."

For the record, the Shamrock ball (either 7 or 11) is a 90 compression surlyn covered sphere with sonic wound rubber threads and a polybutadiene center. Whatever that means. It is either out or coming out to all golf shops here, there and everywhere and would seem just the thing with which to celebrate Saint Pady's day.

Now, when you limber up and pull out the ol' 5-iron and sight in on one of those demanding par-3 layouts that always seem to have giant sand traps in front of the pin, and likely as not, water somewhere around, you can tee up in confidence.

Now, the Irish are not native to sandy places that draw golf balls out of the air with an evil power and swallow them up like an unholy meal.

It stands to reason, then, that any ball with Irish leanings will tend to stay away from such dark and forbiding places as bunkers, traps and other such hazards.

And as for water? Is there not a man among you who does not know of the Irish adversion to water? Whiskey, certainly. Scotch or Rye, Bourbon if you must. And even beer or ale, but these two are mostly for the chaser.

But water? Never. Not in any way. "Water was not made to drink," reminded one son of the ol sod. "If God meant for man to drink water, he'd have made the stuff out of alcohol."

Now what self respecting golf ball, labeled with a sweet name like "Shamrock" and marked with lucky numbers like 7 and 11 could ever fly so low as to land in a pond of water? None, I tell you. If one in a dozen acts so shamelessly, you can bet your bottom dollar it is a shanty ball indeed, not worthy of the name.

Scratch out the name and put it in your shag bag, for a higher power has decided that such a disgraceful display directed that such an offender was meant to be a range ball, to be hit by women in high heels and strange swings, off hard ground and into weeds.

Shamrock golf balls indeed. What in sweet Saint Paddy's name will they be thinking of next.

Alamitos Opens 58-Night Spring Harness Meet

LOS ALAMITOS — A big lineup of action on Los Alamitos' five-eighths mile track begins tonight at Los Alamitos with the first Celebrity Derby of the 58-night spring harness meeting.

On Saturday the West's top pacers will be on hand to fight it out over a mile in the $10,000 Directors' Cup Pace.

That race will feature the likes of Windy Way, Nechako Tar, Noble Son, Chris Pick, Proud Baron or Table Hopper.

The following week will once again offer such weekly features as Ladies' Night (50 cent grandstand admission) on Tuesday, Hot To Trot (four $100 winers) on Wednesday and the first Intercollegiate Harness Race in California on Thursday. In that race, students from UCLA, USC, UC Irvine, Cal Poly Ramona, Long Beach State and Cal State Fullerton will compete in a mile event for a berth in the U. S. championships in June at Roosevelt Raceway in New York and the world crown against countries such as Sweden, Finland, Germany, Australia and Canada later in the year.

Middlemen

Grapes account for only about 20 per cent of the retail cost of wine, according to the Wine Institute. Packaging, transportation, distribution etc make up the balance.

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Open Classes for Funny Cars at OCIR Saturday

Orange County International Raceway's next event on Saturday will feature 16 of drag racing's most spectacular AA/Funny Cars in open competition.

The open format, more popular with the fans and more exciting is open to any and all caring to pre-enter with day-long qualifying event to determine the 16 to race in round 1.

Open-type format is in direct contrast with the invitational closed format employed at most Southland tracks over the last year, including OCIR.

The advantages of invitational programming are choice of selecting quality performers and round robin type racing to produce more side by side races.

The disadvantages include selection of only a small field of name drivers due to high-cost appearance guarantees and not being able to name a clear-cut winner due to round robin type exhibition races as opposed to typical drag race elimination bouts.

Qualifying will get underway at noon Saturday with the quickest 16 drivers earning a first round berth in the 4 round elimination tournament which will begin promptly at 7 Saturday evening.

Saturday is also Ladies Night at the Drag Races with ladies admitted free.

Novice Races Set For Cycle Riders

A new kind of nooner comes to Gardena's Ascot Park Saturday, when AMA Semi-Pro Short Track Motorcycle races are run over Ascot's 1/4-mile clay oval at straight-up 12.

The day's racing program will serve as a qualifier for the weekly Friday-night AMA races on Ascot's 1/2-mile oval, for all novice class riders.

Novice riders will take part in heat races from which the 40 top riders will be selected to take part in the opening Friday night card on April 2.

Also on the program are races for local Sportsman riders, with classes for mini bikes up to 100c.c's, 125c.c machines, and 250-360c.c. bikes.

Pit gate will open at 9 a.m. for riders' sign-ups and practice runs start at 10. Races begin at noon. Admission for rides is $5 a class.

Agajanian Enterprises, sponsors of the events, can be reached at (213) 321-5323 or 323-5055.

Money, Booze Taken

Alex Steve Balich, owner of Alex's Bar at 629 Sweetwater rd., Spring Valley, reported to the sheriff's office Thursday that his cocktail bar had been burglarized during the closed hours.

The thief entered by prying open a door.

The loss, he said, was $625 in liquor and cash. The cash was taken from coin-operated machines. The police have the name of a suspect.

Two Young Area Swimmers Win Triple Blue Ribbons

Christy Grubbs and Walter Meyers, both ten, were triple winners in the "B"-"C" and younger swim meet at the Penasquitos Swim Assn. pool March 6-7.

In addition, Christy recorded an "A" time in the 50-yard freestyle and another in the 100-yard breast stroke, taking a third place in the latter event.

Walter also garnished an "A" time for his 50-yard freestyle effort. A third member of the La Mesa Swim Association team, Anna Peterson, made her "A" time in the 50-yard butterfly and placed 4th. Christy and Walter's first place ribbons were in the 50, 100, and 200 yard freestyle events.

8-and-Under

In the 8-and-under category, Julie Johnson added another "B" time and placed first in the 100 IM. John Franklin came in first in the 50-yard breast and fifth in the 50-yard free. Patrick Ford won the 100-yard IM and the 50-yard back. Tiffin Caverly picked up four "B" times, along with second place ribbons in the 50 breast, 50 butterfly, 50 free.

"B" Girls

200 free — 1, C. Grubbs 2:50.8; 2, A. Peterson 2:54.0.
50 free — 1, C. Grubbs :34.4; 5, A. Peterson :35.4.
100 IM — B. Foerstar 1:26.1; 6, C. Grubbs 1:26.2.
50 fly — 4, A. Peterson :40.7.
100 breast — 3, C. Grubbs 1:37.6.
100 free — 1, C. Grubbs 1:17.0.

"B" Boys

200 free — 1, W. Meyers 2:41.0; 5, L. Koizumi 2:44.7.
50 free — 1, W. Meyers, :32.2; 4, L. Koizumi :33.4.
100 IM — 6, W. Meyers 1:27.1.
100 free — 1, W. Meyers 1:12.5; 5, L. Koizumi 1:16.0.
200 IM — 5, W. Meyers 3:05.4.

"C" Boys

100 free — 3, T. Caverly 1:25.5 ("B"); 6, J. Helmick 1:26.9.
50 breast — 1, J. Franklin :46.5; 2, T. Caverly :47.0; 4, G. Gressle :48.6.
50 fly — 2, T. Caverly :46.0 ("B")
50 free — 2, T. Caverly :36.5 ("B"); 6, J. Franklin :38.1.
100 IM — 1, P. Ford 1:41.2 ("B")
50 back — 1, P. Ford :53.0 ("B"); 5, J. Franklin 1:00.4.

"C" Girls

50 breast — A. Peterson :51.7 ("B")
100 IM — 1, J. Johnson 1:44.5 ("B")
50 fly — 4, M. Franklin 1:17.7.

Nabs AA Time

Last week Eddy Grubbs, of the La Mesa Swimming Assn. splashed to a first place in the 100-yard breast stroke at the "B"-"C" and older meet at the S.D. Swimming Assn. pool at Kearney Mesa. His time of 1:23.7 took him well into "Double A" time, more than 7 seconds faster than "A" time.

It was Eddy's third meet and the first time he swam the 100-yard breast stroke in a meet.

Another 12-year old, Rosanne Palma, went into "B" time with a 44.5 50-yard backstroke time and collected a 6th place ribbon. Rosanne also took a 6th place in the 100-yard Individual Medley (C), raising her to "B" rank also.

Elizabeth Vitai, 11, shaved more than a second from her 100-yard breast stroke to finish in 1:36.4 in the "B" event. She bettered her 200-yard Individual Medley ("B") by 5 seconds to record a 3:18.0.

The meet was attended by twenty-three swimming clubs from San Diego County.

Custom Car Show

The "largest custom car show in San Diego's history" will be in the Community Concourse Friday through Sunday.

Vehicles said to be worth $2 million will be on display. Show times are 5-11 p.m. Friday, 11-11 Saturday and 11-7 Sunday.

SV Rec. Plans Track & Field Meet, Mar. 27

Spring Valley Park & Recreation District is sponsoring a boys and girls track and field meet Saturday, March 27, at Mt. Miguel High School.

Boys and girls will compete separately in a full slate of track and field events in eight age divisions from 8 to 15 years old.

Entries must be mailed or brought in person to the Spring Valley Recreation office at 2975 Memorial dr., La Mesa. Entry forms may be picked up at Mt. Miguel gym Wednesday and Thursday nights and Saturday and Sunday afternoons. No entries will be accepted on the day of the meet.

Individual ribbons for 1st, 2nd and 3rd places will be awarded in each event.

No spikes or cleats are permitted.

Those finishing first or second in their event and first place relay teams will qualify for the Boys and Girls County Track and Field Championships to be held April 10 at Granite Hills Stadium.

Spring Valley Park and Rec. Supervisor Willie Williams will answer questions about the meet at 460-2033. He urges that applicants not call the schools involved.

8-Man Match is Coliseum Feature

An 8-man elimination wrestling match is scheduled for Tuesday night's headliner at the San Diego Coliseum at 14th and E sts.

Roddy Piper, Crusher Verue, Mr. Mexico and Mr. America will occupy the canvas.

Chavez Guerrero, and his son Gory, match up with Kid Azteca and Porkchop.

In a special match Fabulous Frank meets Paul Matta.

Three other bouts are carded.

Tickets are $2.50 to $4. Doors open at 6; first bout is 7:30 p.m.

Padre Senior Club Memberships Ready

San Diego Padre fans 60 years of age and over can still join the Central Federal Savings Senior Padres Club and get a chance to see six selected Padre home games and some special souvenirs from Central Federal.

Senior citizens may join the club for just $3 and see the following Sunday home games; April 25 — St. Louis; May 23 — Cincinnati; June 13 — Philadelphia (doubleheader); July 18 — Chicago; August 8 — Houston and August 29 — Montreal.

Additionally, members will receive a membership card and a special Padre souvenir package courtesy of Central Federal Savings and Loan.

An extra bonus to the plan is that club membership carries a $1.50 value towards upgrading the seat location from general admission to regular $2.50, $3, $3.50 or $4 reserved seats on special club dates.

Membership may be obtained by mailing a check or money order for $3 payable to the San Diego Padres to: Senior Padres Club, P.O. Box 2000, San Diego, CA 92120.

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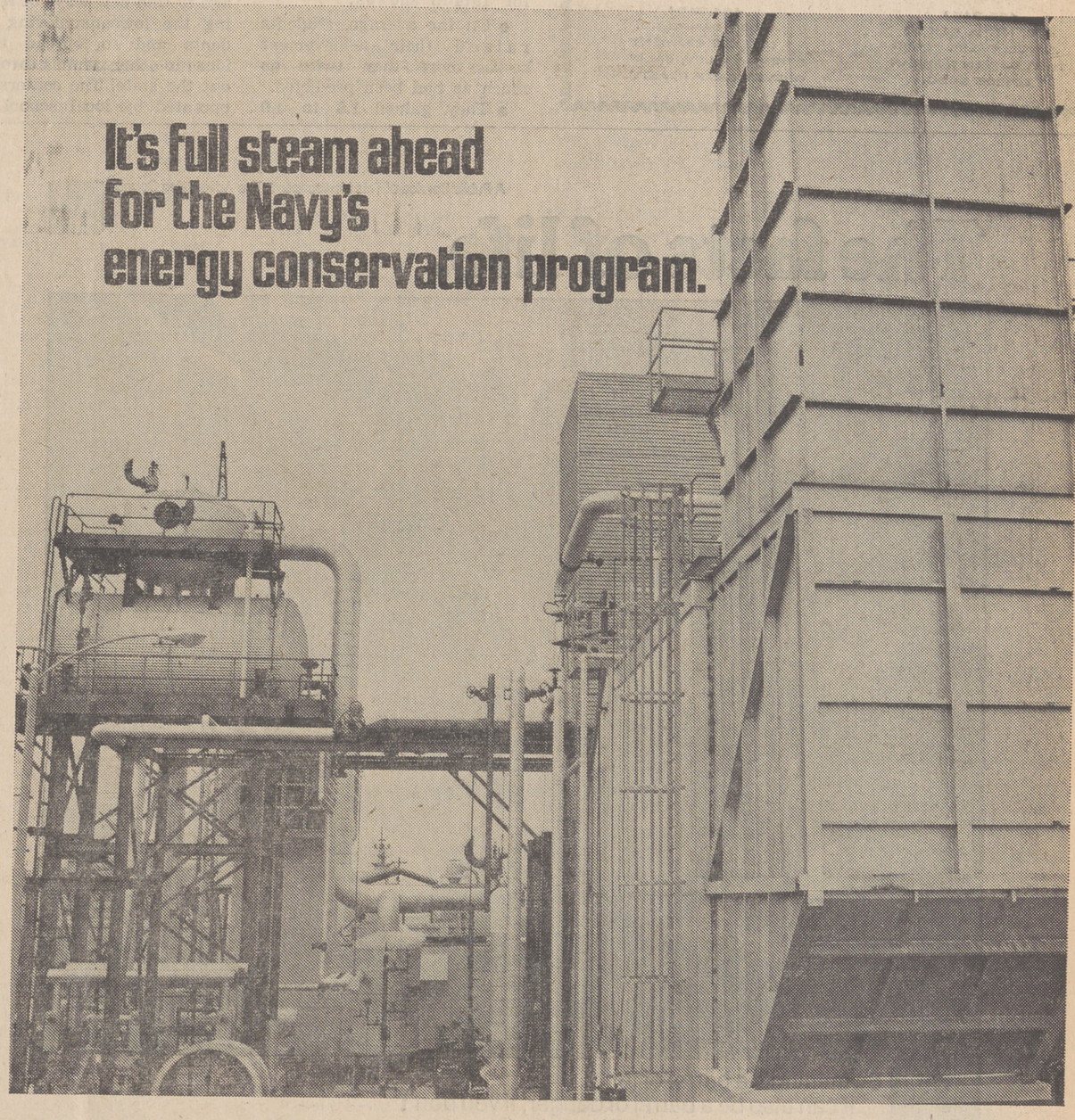

San Diego has the highest density of military activity of any city in the continental U.S. So it's not surprising that the Navy is SDG&E's single largest customer . . . or that they're veterans at energy conservation.

They started with the basics. Lights out. Heat on later in the year, off earlier. Thermostats at 68°, air conditioners at 78°. Pilot lights off during the summer. Constant monitoring of energy use. And bi-monthly up-date energy seminars.

But some of the Navy's energy saving techniques are a little more unusual. Like letting newly painted planes air dry instead of baking them. Using solar panels to heat water at the Naval Electronics Lab. Attaching heat exchangers to diesel generators on San Clemente Island and harnessing enough wasted energy to steam heat 14 buildings. And using micro-computers to determine and automate the most energy-efficient climate control for other large computers . . . some of the world's most advanced and sensitive.

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If the Navy can do it, so can you. And we're here to help.

Voter Group Asks Right To Govern Public Strike

A statewide campaign began this week to collect 500,000 signatures to put a proposed state constitutional amendment on the November 2 ballot that would require a vote of the people for legislation giving public employees the right to strike, binding arbitration or agency shop provisions.

The announcement was made by Mrs. Ruth Johnson, chairman of the Citizens Committee to Preserve Voter Rights, at the opening of the committee's headquarters, 3910 Chapman st.

"With collective bargaining by public employes now an accomplished fact, strikes, binding arbitration and agency shops become major areas of concern for Californians," Dwight Twist, educator and co-chairman of the committee said.

Strikes Not Banned

"This proposed amendment would not prohibit collective bargaining, agency shop, public employe strikes or binding arbitration by public employes," he added.

"It would simply put the decision making responsibility directly into the hands of the voter when disputes involving these areas arise."

Present at the headquarters' opening were Mrs. John J. Barbour, president, California Federation of Women's Clubs and Carl Gorham, president, California Professional Educators Assn. Both organizations have endorsed putting the proposed constitutional amendment on the November ballot.

Vets to Benefit from Mobile Service Van

Soon taking to outlying roads of East County, as well as other areas of the county that are some distance from the regional VA office in San Diego, will be a mobile van just purchased by the Disabled American Veterans.

The van will be manned by trained service officers, all of them disabled veterans, who will assist vets, their widows and dependents in filing claims for veterans benefits.

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United Way East County District, installed last week, are (l-r) Hardy Kuykendall of La Mesa, chairman; Mrs. Al Adams, Alpine, vice-chairman; Mrs. Harold Koll, El Cajon, secretary-treasurer, and Robert Guest of Lemon Grove, vice-chairman.

State Documents Progress Of Labs for Slow Learners

Junior high school students at 30 laboratory-type state reading and math centers in California are learning at very high levels, sometimes at twice the normal rate, Wilson Riles, state superintendent of public instruction, reported recently.

Riles said the state's system of compensatory education demonstration centers is helping low-achieving students in grades 7, 8 and 9 at rates far above the average. He also pointed out that the program proves that special efforts can really make a difference with disadvantaged youngsters.

"The myth that nothing can be done to help these children is shattered by the outstanding achievements of this program," Riles declared.

He said a just-completed State Department of Education evaluation of the projects for 1974-75 showed:

- On the average, students raised their achievement scores more than twice as much as had been predicted.
- They gained 1.8 to 1.9 months of growth for each month of instruction, nearly twice the normal rate.
- In cost effectiveness, the centers raised student achievement 6 to 7 per cent for each additional 1 per cent in operating costs.
- The centers are effectively disseminating their methods to other schools.

The Department's evaluation said the center's goals of raising low-achieving students' learning to above-average rates "has been reached in almost all cases."

The students in these demonstration programs show an average rate of achievement reached in only a few compensatory education programs in the nation, the evaluation report said.

The reading and math centers were started six years ago to find new ways of reaching the lowest-achieving students and to spread these ideas to other schools throughout the state. The centers are operated by local school districts, using state funds for extra personnel and equipment.

During 1974-75, they served 9,200 students at 30 schools, eight of which joined the program that year.

S.D. Center 7th

Using both achievement and cost data, the Department determined the most effective continuing reading centers. San Diego Unified school district was ranked seventh on the list.

In detailing the results of its evaluation, the State Department of Education found that, on the average, reading students raised their testing scores 128 per cent more than expected during 1974-75—that is, they gained more than twice as much as expected. Math students did nearly as well, gaining 120 per cent more than expected.

The Department also reported that the average reading student gained 1.9 months of achievement growth for each month in school, and the average math student gained 1.8 months. Both rates are far above the 1.0 gain that is average for the normal U. S. child, Riles said.

Even with such large spurts, the average student in the program remains below average in overall achievement because of slow progress before the onset of the state program, the Department said.

Effectiveness

The average reading project had a cost effectiveness of 6.4 per cent, the Department said, meaning that each 1 per cent of additional funding given to the school by the state brought about a 6.4 per cent increase in student achievement. Math projects were higher, with an average cost effectiveness of 7.3 per cent.

The program was authorized by the State Legislature in 1969. New demonstration centers are started as the least cost-effective centers are dropped. They use and improve upon the techniques found successful by earlier centers.

The centers rely on individual or small-group instruction, using specially selected teachers, aides and volunteers. Most students spend part of their school week in a learning laboratory for intensive instruction with equipment and personnel funded by the state. Attention also is given to creating an atmosphere of success for students in the program.

"Students are made aware of their successes and, sensing the high expectations held for them, are motivated to learn more effectively," Riles said.

During 1974-75, the program cost an average of $355 per reading student and $264 per math student.

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1040 U.S. Individual ... Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q. What are some of the checks I can make to avoid an error on my income tax return?

A. To insure the prompt processing of your return, you should take the time to check certain items before you mail the return to IRS. Check the accuracy of all your mathematical computations, and make sure you have listed income, deductions, credits and tax items on the correct lines. Be sure you use the correct tax table or tax rate schedule. When you use the peel-off label from the front of your Federal tax return package, make sure that the name and address are correct. Be sure to sign and date the return. Joint returns must have the signatures of both husband and wife. Finally, check to see that all W-2 Forms and supporting documents are attached to your return.

Q. I lived in two different states during 1975. Which state's sales tax should I use when itemizing my deductions?

A. If the states have different sales tax rates, you must determine how much you earned in each state and find the appropriate tax on each amount from the Optional State Sales Tax Tables enclosed in your income tax form package.

Remember that in addition to the sales tax shown in the tables, you may deduct the sales tax paid on the purchase of a boat, airplane, mobile home, car, with some exceptions, and materials used to build a new home if you are the contractor. In states where the tax rate on motor vehicles is higher than the general sales tax rate, you may deduct that part of the tax paid equal to the tax imposed at the general sales tax rate.

Q. I did not have to pay income tax last year and I do not think I will make enough to be required to pay this year. Is there any way that I can keep taxes from being withheld from my paycheck?

A. Yes. Any person who had no income tax liability during the preceding year, and expects to have no liability this year may apply for an exemption from the Federal withholding tax.

To apply, file a Form W-4E with your employer. The exemption applies only to your Federal income taxes and not to state taxes or social security (FICA) tax.

Booklets Help Consumers With Money Matters

Bank of America has released four issues of a new series of reports to help consumers with their financial affairs.

"How to Balance Your Checkbook," "Ways to Save Money," "How to Establish Credit," and "Rights and Responsibilities: Age 18" are reports designed to help consumers with their personal money management, according to J. A. Carrera, head of the bank's California Division.

"Regular Checkbook Balancing" illustrates way to make adjustments on the bank statement to reconcile personal records with the bank's records.

"Ways to Save Money" tells how to establish a personal savings plan. It suggests how to get started, practical tips on how to save, types of bank savings plans and other methods of saving. It also includes commonly used savings and investment terms.

"How to Establish Credit" explains what creditors look for, how the credit decision is made and what consumers can do to obtain credit." The reports list 12 practical steps to establish credit, including starting a banking relationship, taking advantage of special credit plans, and for women, establishing a credit identity.

"Rights and Responsibilities: Age 18" outlines major areas affected by the change in status from minor to adult. Included are explanations of the rights and responsibilities involved with contracts as well as control of earnings, employment and school.

The four reports are available at BoA offices throughout the county.

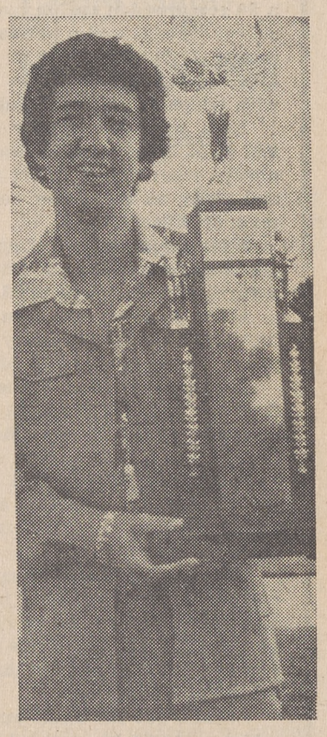
Olympic Endorsements Unfair, CA Chief Says

Consumer Affairs Director, Taketsugu Takei, has warned California consumers that "no comparison testing is done on products advertised as 'Selected for use by the United States Olympic Team.' The advertising slogan means only that the product, plus a minimum of $35,000, has been contributed to the Olympic Fund."

Takei wrote to the U. S. Olympic Committee, recommending that the slogan be revised to show clearly that a contribution has been made.

Takei emphasized that his Department does not want to jeopardize funding to the Olympic Team. "We want only to see advertising changed to indicate support by the manufacturers rather than superiority of the products." He said that manufacturers involved could face prosecution in California for "acts of unfair competition and misleading advertising."

In his letter to the committee, Takei recommended that advertisers be limited to a choice of such slogans as "Support your U. S. Olympic Team," or "Contributor to the U. S. Olympic Team." These slogans would be less misleading to the consumer, he said.



FINAL SPEAKER — Representing Southern California in the upcoming national finals of high school speech competition is Helix High's George Machado, seen holding the national qualifying trophy in dramatic interpretation.
The Helix team has garnered several awards this year and placed high in national qualifying in a tournament held recently at Loyola University.
In addition to Machado's honors, Ron Elliott placed first in humorous interpretation. Placing fourth and fifth respectively in original oratory were Stephanie Sandler and Jennifer Stone. The team is raising funds for the trip to Colorado Springs for the national finals.

Property Tax Rise Whopping 63 Per Cent

Property tax collections to support county governments have increased 63.49 per cent during the past five fiscal years, State Controller Kenneth Cory reported.

"General purpose property tax revenues for counties hit a record $2.1 billion during 1974-75, an increase of 13.03 per cent in only one year," he said.

Despite all the state-mandated property tax exemptions, Federal revenue sharing, and tax-limitation laws, these property tax collections have grown over 63.49 per cent during the past five years."

Cory noted that 1974-75 increase completely reversed a 5.03 per cent decrease reported for 1973-74, the first such decline in more than two decades.

PIZZA
$2.35 & up
American, Italian
Food and Cocktails
Open 4 p.m. to 12:00 a.m.
Monday thru Thursday
4-1 Fri. - Sat. . . . 3-12 Sun.
LIDO'S on Broadway Near Mass.
7252 Broadway, Lemon Grove
469-9901

A Look at Past Issues

Back Pages

A look at the pages of this newspaper twenty years ago reveals some of the interesting contrasts between then and now. This column highlights some of the items that appeared in this newspaper at this time two decades ago.

By Bruce Binkowski

Twenty years ago this week in Lemon Grove, Lido's Italian Restaurant gained new owners. They were Tony Cusenza and Nick Farella. Cusenza had operated a pizza house in Flint, Michigan. Farella, still the owner of the restaurant today, began his experience with a similar venture in Oceanside.

Taking a random glance at the classified ads in the Review/Bulletin two decades in the past . . . BABY SITTING, JR. HIGH GIRL, 35c per hour, Eves. Only; $55 Nice clean 2 bedrooms, unfurn. Water paid — Adults; 46 Mercury, Custom Fleeted upholstery, real nice . . . $135 . . .

A local businessman, Harry Griffen, told a large gathering at the Lemon Grove Men's Club meeting that improvement on Broadway in Lemon Grove was vital at this time. "If we plan to prevent our business life-blood from being drained away we must have the improvement in and operating long enough in advance of the opening of the College Grove Shopping Center to withstand the impact of their opening," Griffen said. "The center will be operating in less than two years and we must have our improvement established before then if it is to be effective."

Griffen was chairman of a property owners group that proposed to widen Broadway, set in storm drains, install streets, curbs and ornamental street lights.

United States National Bank, (now Crocker) moved their offices to 7859 Broadway, the building now occupied by the county sheriff.

Checking the advertising in the Review-Bulletin, one could purchase a Brownie Movie Camera for only $3 down, a 1955 Chevy Pickup for $1295 or admission to a current motion picture at the Grove Theatre for only $1.

College Criteria Change Seen in Bob Wilson Bill

Assemblyman Bob Wilson (D-Mesa) introduced legislation to more clearly define which students will be accepted at California State Universities and Colleges when they become overcrowded.

Wilson said, "My bill states that if any state university or college has more qualified applicants than openings for undergraduate study the trustees will declare the campus to be 'impacted', for the semester."

"Once a school has been declared impacted, my bill would require trustees to establish additional scholastic criteria to determine which qualified applicants will be admitted," he said.

"Currently, grade point average and entrance test scores establish the minimum scholastic criteria. This bill would provide for a further screening process to determine those students who show the most potential and are the most academically qualified."

Some New Methods Used

Several State university and college campuses having more applicants than openings in certain disciplines have already adopted additional methods for determining those students who are most qualified.

"For example, Cal Poly at San Lus Obispo, which has one of only two architectural schools in the State College and University System, consistently receives more applicants than there are openings.

"As a result, in addition to grade point average and test scores, the applicants are also screened in person and must provide additional proof of their scholastic ability, especially in the field of architecture.

"My bill would establish a similar system undergraduate schools in the State College and University System could employ to determine which students will be admitted to impacted institutions," he said.

Health Dept. Expects New Flu Strain Here

The County Department of Public Health has warned that a flu outbreak could occur locally during the next two months, despite the fact that this winter thus far only one case of influenza has been confirmed here.

The new flu strain, labeled by the Public Health Lab as "A/Victoria/75," is expected to spread to this area from other parts of the nation. Tests on specimens from residents as near as Northern California and Oregon indicate some flu cases in those areas were caused by the new strain.

If a flu outbreak does occur, the health department expects it would be lessened as the result of immunization efforts by organizations and private physicians who participated in mass flu clinics last fall.

Persons immunized then and in recent weeks will probably have some cross protection since the new strain shows some similarity to strains against which they were immunized.

The protection is very important for senior citizens and persons of any age suffering from a chronic disease, the Department advises.

New Group Offers Veterans' Aid

The East County Veterans Outreach, a facility to assist veterans in need of education, employment or help in upgrading discharges has opened its doors at 342 W. Douglas ave., in El Cajon.

It is open from 9 a.m. to 7:30 p.m., Monday through Thursday and from 9 a.m. to 4:30 p.m. on Friday. The phone number is 440-7802.

Personal assistance pertaining to employment, help in obtaining college or vocational job training, help for veterans hampered in the labor market by an unfavorable military discharge, or assistance to veterans who have job skills but need a job will be given.

The office will serve the veteran population in the East County area including Spring Valley and Lemon Grove.

The facility is federally funded, although not directly associated with the Veterans Administration.

"Our purpose is to complement the services provided by other government agencies like the V.A. or the state employment office," said Jan Raymond, spokesman. "We are a temporary agency which allows us the advantage of being unbureaucratic. I think veterans will appreciate our informality and flexibility."

Food Target of Hungry CdO Burglar

A hungry burglar was at work in the home of Ray Lee Hollis, 3984 El Canto dr., Casa de Oro on March 8.

When Hollis came home he thought it strange that Mrs. Hollis had left a bag of canned food on the kitchen table. Usually, it is put away. There was a banana peel alongside.

Mrs. Hollis was also surprised. She had not been shopping.

Investigation found that a sliding glass door was open and $35 of church raffle money and two bananas was missing.

In the bag was 3 cans of Spam, 2 cans of corn and a bag of Fritos. Sheriff's deputies opined that the thief had been frightened as he gathered his loot.

Hollis recalled that he had seen a young male running near his house when he arrived. The description was given to deputies.

PUC Says Natural Gas Shortage Looms

The California Public Utilities Commission has predicted curtailment of residential natural gas and commercial service in Southern California by 1980-81 unless gas is obtained from various pending supplemental supply projects.

The projections were made in the PUC's 10-year forecast of gas utilities' requirements and supply covering the period 1976-1985.

PUC points out that the curtailment of high priority gas service in Southern California could be delayed by transferring Northern California supplies to Southern California, as ordered by a recent PUC decision, but notes that curtailment at Pacific Gas and Electric's Canadian source gas would severely limit it and preclude such assistance.

LEGAL NOTICES

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 2654

The following persons are doing business as: Health Hut at 9905 Campo Road, Spring Valley, CA. 92077

Lorraine Winebarger
4364 North Rogers
Spring Valley, CA. 92077
Charles D. Winebarger
4364 North Rogers
Spring Valley, CA. 92077

This business is conducted as individual.

Signature
Lorraine Winebarger

This statement was filed with the County Clerk of San Diego County on March 16, 1976.
Expires Dec 31, 1981
S.V. Bulletin March 18, 25, April 1, 8

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 2655

The following person is doing business as: Dillon Sales at 2422 Coach Drive, Spring Valley, Calif. 92077

Elbert R. Dillon
2422 Coach Drive
Spring Valley, Calif. 92077

This business is conducted by an Individual.

Signature Rocky Dillon

This statement was filed with the County Clerk of San Diego County on March 16, 1976.
Expires Dec. 31, 1981
S.V. Bulletin March 18, 25, April 1, 8

Notice Of Public Sale

Notice is hereby given that the undersigned will, at 9:00 AM on the 19th day of March, 1976 at 7904 Broadway, Lemon Grove, County of San Diego, State of California, sell at public auction to the highest bidder for cash, the following described vehicle:
1970 Chevrolet Nova
License No. 300BSZ
VIN No. 113270W309988
Pacific Finance Loans
7904 Broadway
Lemon Grove, CA 92045
L.G. Review March 18

NOTICE TO CREDITORS
No. 111266
Superior Court of the State of California, for the County of San Diego

In the Matter of the Estate of FREDERICK J. VALLEE, also known as FREDERICK JOSEPH VALLEE, JOE VALLEE and F. J. VALLEE, Deceased.

Notice is hereby given to creditors having claims against the said decedent to file said claims in the office of the clerk of the aforesaid court or to present them to the undersigned at the office of the Trust Department of California First Bank, Post Office Box 109, San Diego, California 92112, which latter office is the place of business of the undersigned in all matters pertaining to said estate. Such claims with the necessary vouchers must be filed or presented as aforesaid within four months after the first publication of this notice.

Dated March 11, 1976
California First Bank
Executor(s) of the will of said decendent.
by: David Hawkins,
Trust Officer

S H BUTTZ
Attorney-at-Law
1104 San Diego Trust & Savings Bldg., San Diego, CA 92101
233-8185
S13158 Spring Valley Bulletin, March 18, 25; April 1, 8

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-2540

The following persons are doing business a: WIG'S ELECTRICAL REPAIR at 3732 BANCROFT DRIVE, SPRING VALLEY, CALIFORNIA 92077

LAWRENCE A. MORLAN, 3736 BANCROFT DRIVE, SPRING VALLEY, CALIF. 92077
DIANTHA C. MORLAN, 3736 BANCROFT DRIVE, SPRING VALLEY, CALIF. 92077

This business is conducted by CO-OWNERS.

Signed Diantha C. Morlan

This statement was filed with the County Clerk of San Diego County on Mar. 12, 1976.
Expires Dec. 31, 1981
S13171 Spring Valley Bulletin, March 18, 25; April 1, 8

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-1576

The following person is doing business as: J.J.'s Enterprises at 8428 Lockland Court (Mailing Address) P.O. Box 1116, Spring Valley, CA 92077

Judith J. Bustin, 8428 Lockland Court, Spring Valley, CA 92077

This business is conducted by an Individual.

Signature Judith J. Bustin

This statement was filed with the County Clerk of San Diego County on February 17, 1976.
Expires Dec. 31, 1981
Spring Valley Bulletin, March 18, 25; April 1, 8

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 1670

The following person is doing business as: The Red Lion Antiques at 448 W. Market, San Diego, Ca. 92101

Mary Rose O'Connor
2536 Mulder St.
Lemon Grove, Ca.

This business is conducted by an Individual.

Signature
Mary Rose O'Connor

This statement was filed with the County Clerk of San Diego County on Feb. 19, 1976.
Expires Dec. 31, 1981
L.G. Review March 11, 18, 25 & April 1, 1976

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 1143

The following person is doing business as: Aqueduct Rain Gutters at 8218 Golden Ave., Lemon Grove

Jerold L. Conrad
8218 Golden Ave.
Lemon Grove

This business is conducted by an Individual.

Jerold L. Conrad

This statement was filed with the County Clerk of San Diego County on February 3, 1976.
Expires Dec. 31, 1981
L.G. Review March 11, 18, 25, April 1

STATEMENT OF ABANDONMENT OF USE OF FICTITIOUS BUSINESS NAME
File No. 76 1333

The following persons have abandoned the use of the fictitious business name The Plantation at 2462 Glebe Rd.

The fictitious business name referred to above was filed in San Diego County on 6-20-74. F7404770

Sheila Lynn Price
2462 Glebe Rd.
Lemon Grove
Carole Jean McClelland
12919 Calle de Las Rosas
San Diego

This business was conducted by unincorporated association.

Signed Sheila L. Price

This statement was filed with the County Clerk of San Diego County on Feb. 9, 1976.
L.G. Review March 11, 18, 25, April 1

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-2050

The following person is doing business as Lemon Grove Construction at 7477 Central Ave., Lemon Grove

William Edward Jeffers, 7477 Central Ave., Lemon Grove

This business is conducted by an individual.

Signature William E. Jeffers

This statement was filed with the County Clerk of San Diego County on March 1, 1976.
Expires Dec. 31, 1981
L.G. Review, March 11, 18, 25; April 1

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-2135

The following persons are doing business as: American Surplus Company at 8332 Broadway, La Mesa, California 92041

Josef Anton Schelden, 5700 Baltimore No. 223, La Mesa 92041
John Frank Schelden, 5700 Baltimore No. 223, La Mesa 92041

This business is conducted by a partnership, general.

Signed
John F. Schelden
Josef A. Schelden

This statement was filed with the County Clerk of San Diego County on March 3, 1976.
Expires Dec. 31, 1981
L.G. Review, March 11, 18, 25; April 1

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 2093

The following persons are doing business as: Lemon Grove Hobby & Craft at 2805 Imperial Ave., Lemon Grove, Calif. 92045

Donald J. Davis
1513 Madera Street
Lemon Grove, CA 92045
Janice P. Davis
1513 Madera Street
Lemon Grove, CA 92045

This business is conducted by an individual.

Signed Donald J. Davis

This statement was filed with the County Clerk of San Diego County on March 2, 1976.
Expires Dec. 31, 1981
L.G. Review March 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 2092

The following persons are doing business as: Carriage Cleaners at 3810 - 32 St., San Diego, Calif. 92104

Alphonsus E. Croteau
7166 Bradford
Highland, Calif.
Irene J. Croteau
7166 Bradford
Highland, Calif.

This business is conducted by an Individual.

Signature
Alphonsus E. Croteau

This statement was filed with the County Clerk of San Diego County on March 2, 1976.
Expires Dec. 31, 1981
L.G. Review March 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76-2095

The following person is doing business as: A. & P. Printing Co. at 6184 University Ave., San Diego Ca. 92115

Fred D. Aills
6184 University Ave.
San Diego Ca. 92115

This business is conducted by an Individual.

Signature Fred D. Aills

This statement was filed with the County Clerk of San Diego County on March 2, 1976.
Expires Dec. 31, 1981
L.G. Review March 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-1906

The following person is doing business as: The Duck Inn at 8614 Troy Street, Spring Valley

C & C Evergreen Inc., A California Corporation, 2866 Calle Salida del Sol, San Diego, Calif. 92139

This business is conducted by a Corporation.

Signature
Guadalupe Carrillo,
(Vice-Pres.)

This statement was filed with the County Clerk of San Diego County on Feb. 26, 1976.
Expires Dec. 31, 1981
S10512 Spring Valley Bulletin, Mar. 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 1818

The following person is doing business as: Dell Enterprises at 7917 Broadway, Lemon Grove, Ca. 92045

Dell Lake
1507 Dupont Dr.
Lemon Grove, CA

This business is conducted by an Individual.

Signature Dell E. Lake

This statement was filed with the County Clerk of San Diego County on Feb. 24, 1976.
Expires Dec. 31, 1981
L.G. Review Feb. 26, March 4, 11, 18

FICTITIOUS BUSINESS NAME STATEMENT
File No. 76 1817

The following persons are doing business as: Corrie's Carpet and Terra Flooring at 1503 Skyline Dr., Lemon Grove, Ca., 92045

Donald C. Corrie
1202 Carlsbad St.
Spring Valley Ca. 92077
Donald T. Philby
2645 Buena Vista Ave.
Lemon Grove Ca. 92045

This business in conducted by a General Partnership.

Signature Donald C. Corrie

This statement was filed with the County Clerk of San Diego County on Feb. 24, 1976.
Expires Dec. 31, 1981
L.G. Review Feb. 26, March 4, 11, 18

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS BUSINESS NAME
FILE NO. 76 2094

The following person has withdrawn as a general partner from the partnership operating under the fictitious business name of Fountain Products of S.D. at 3568 Main St. Suite "G", Lemon Grove California, 92045.

The fictitious business name statement for the partnership was filed on 10/11/74 in the County of San Diego.

The full name and residence of the person withdrawing as a partner:

Jan N. Houshar
9671 Cambury Dr.
Santee, CA.

Signed: Justin Houshar

This statement was filed with the County Clerk of San Diego County on March 2, 1976.
L.G. Review March 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-1653

The following persons are doing business as: L & S Auto Performance Center at 2835 Imperial Ave., Lemon Grove, CA.

Lee G. Neish, 9725 Arapaho St., Spring Valley
Suzie J. Strom, 9725 Arapaho St., Spring Valley

This business is conducted as a General Partnership.

Signature Suzie J. Strom

This statement was filed with the County Clerk of San Diego County on Feb. 18, 1976.
Expires Dec. 31, 1981
L.G. Review, March 4, 11, 18, 25

NOTICE TO CREDITORS
SUPERIOR COURT OF THE STATE OF CALIFORNIA FOR THE COUNTY OF SAN DIEGO
No. 111275

Estate of TIRZAH ELIZABETH RAUSCH, also known as TIRZAH E. RAUSCH, and T. E. RAUSCH, Deceased.

NOTICE IS HEREBY GIVEN to the creditors of the above named decendent that all persons having claims against the said decedent are required to file them, with the necessary vouchers, in the office of the clerk of the above entitled court, or to present them, with the necessary vouchers, to the undersigned at 7968 Broadway, Lemon Grove, Ca. 92045, which is the place of business of the undersigned in all matters pertaining to the estate of said decedent, within four months after the first publication of this notice.

Dated February 26, 1976
ALICE MARIE WRIGHTSON
Executrix of the Will of the above named decedent
FRANK ARMSTRONG
Attorney at Law, 7968 Broadway
Lemon Grove, Ca. 92045
Attorney for Executrix
L.G. Review, March 4, 11, 18, 25

FICTITIOUS BUSINESS NAME STATEMENT
FILE NO. 76-1703

The following person is doing business as: HOUSE OF SUBS at 7123 Broadway Lemon Grove, Ca. 92045

CHARLES N. FAERBER, 427-½ "D" Coronado, Ca. 92118

This business is conducted by an individual.

Signed Charles N. Faerber

This statement was filed with the County Clerk of San Diego County on Feb. 20, 1976.
Expires Dec. 31, 1981
S09443 Lemon Grove Review, Feb. 26, March 4, 11 & 18

NOTICE TO CREDITORS
No. 111168

Superior Court of the State of California, for the County of San Diego In the Matter of the Estate of GOLDIE BEYER, also known as GOLDIE SCHMID BEYER and as MRS. A. BEYER, Deceased.

Notice is hereby given to creditors having claims against the said decedent to file said claims in the office of the clerk of the aforesaid court or to present them to the undersigned at the office of Mulder and Nemser, 7970 Broadway in Lemon Grove, in San Diego County, which latter office is the place of business of the undersigned in all matters pertaining to said estate. Such claims with the necessary vouchers must be filed or presented as aforesaid within four months after the first publication of this notice.

Dated February 18, 1976.
Charlotte B. Phipps
GERALD S. MULDER
Attorney-at-Law
MULDER & NEMSER 7970 Broadway.. Lemon Grove, CA 92045
460-2220
Executor(s) of the will of said decedent.
S09579 Lemon Grove Review, Feb. 26; March 4, 11 & 18

NOTICE TO BIDDERS

The Grossmont Union High School District will receive bids on Miscellaneous Supplies and Equipment for:

Automotive, Building Materials, Books and Book Binding, Periodicals and Library, Cafeteria and Home Economics, Carpeting, Custodial, Electrical, Flexible Scheduling, Fuel Oil, Furniture
Gardening & Grounds, Hardware, Health Services, Industrial Arts, Instructional, Laundry Service
Liquid Petroleum Gas, Lockers, Maintenance Service on Electric Typewriters & Office Machines, Music & Musical Instruments, Office Machines, Other Maintenance Services
Printing, Rental of Office Machines & Equipment for Office & Instructional Purposes, Sale of Surplus Office & School Equipment, Tires and Tire Recapping, Tire Leasing, Trailer Towing, Transportation, Uniforms, Band & Choir

Each bid shall be submitted on a form obtained at the Purchasing Department of said District located at 1100 Murray Drive, El Cajon, California; (mailing address: P.O. Box 1043, La Mesa, California 92041); shall be sealed and filed in said Purchasing Department on or before 2:00 P.M. on

April 2, 1976

and will be publicly opened and read aloud at that time and place. The Grossmont Union High School District reserves the right to reject any or all bid, to accept or reject any one or more items of a bid or to waive any irregulaities or informalities in the bids or in the bidding.

No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.

GROSSMONT UNION HIGH SCHOOL DISTRICT
William Funke, Clerk of the Governing Board, G.U.H.S.D.
Lemon Grove Review, March 18, 25, 1976

NOTICE TO BIDDERS

The Grossmont Union High School District will receive bids on Miscellaneous Supplies and Equipment for:

Automotive, Building Materials, Books and Book Biding, Periodicals and Library, Cafeteria and Home Economics, Carpeting, Custodial, Electrical, Flexible Scheduling, Fuel Oil. Furniture
Gardening & Grounds, Hardware, Health Services, Industrial Arts, Instructional, Laundry Service
Liquid Petroleum Gas, Lockers, Maintenance Service on Electric Typewriters & Office Machines, Music & Musical Instruments, Office Machines, Other Maintenance Services
Printing, Rental of Office Machines & Equipment for Office & Instructional Purposes, Sale of Surplus Office & School Equipment, Tires and Tire Recapping, Tire Leasing, Trailer Towing, Transportation, Uniforms, Band & Choir

Each bid shall be submitted on a form obtained at the Purchasing Department of said District located at 1100 Murray Drive, El Cajon, California; (mailing address: P.O. Box 1043, La Mesa, California 92041); shall be sealed and filed in said Purchasing Department on or before 2:00 P.M. on

March 26, 1976

and will be publicly opened and read aloud at that time and place. The Grossmont Union High School District reserves the right to reject any or all bids, to accept or reject any one or more items of a bid or to waive any irregularities or informalities in the bids or in the bidding.

No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening of bids.

GROSSMONT UNION HIGH SCHOOL DISTRICT
William Funke, Clerk of the Governing Board, G.U.H.S.D.
Lemon Grove Review March 11, 18, 1976

USE WANT ADS

469-0101 To Place An Ad 469-0101

CLASSIFIED ADVERTISING LOCAL RATES

PER INSERTION ORDER

TIMES	PER WORD
1 time	.08
2 times	.075
3 times	.06
4 thru 6 times	.055
7 plus	.05

Minimum charge, $1.50

REMEMBER

Tuesday, 12 noon, is deadline for Lemon Grove Review — Spring Valley Bulletin classified advertising, 469-0101.

3 — Special Notices

Call Thomas & Son For
GARBAGE & TRASH DISPOSAL
461-2261

6 — Services Offered

C/M LANDSCAPING AND GARDENING
Sprinkler systems, planting, maintenance, hauling. Free estimates. 466-2054

INTERIOR, exterior painting. Finest workmanship. Reasonable rates. 25 years experience. 469-8508

Mrs. Ernest Newton
4235 Bernadine Pl., S.D.

Two free games of bowling at LOMITA LANES, 955 Cardiff. Tickets may be picked up at Homeland Publishing Co., 7834 Lester ave., Lemon Grove.

PAINTER
JOURNEYMAN
Painter, neat, over 15 yrs in area. Reas. rates, all work guar. 461-9384 eves.

HOUCK PROCESS STRIPPING
Wood, metal and veneer. 8450 Magnolia, Santee. Mastercharge. 449-6291

Yard and garage cleanups. Tree work. Reasonable. 462-8485

BANTA
280-3130
ACOUSTICS
THE ORIGINAL SPRAY ON CEILING SPECIALIST
State Lic. 283-430 bonded & Ins.
FREE GLITTER — 10 YR. GUAR.

12 — Employment—Women

Help Wanted, RN, Sat and Sun, 7-3:30. Apply in person. 2211 Mass. Ave. L.G.

15 — Child Care

CHILD CARE IN MY LICENSED HOME. 479-6736

24 — For Rent, House, Unfurn.

2 br house $160 mo. w/w carpet. 2781 Citronella, L.G. 287-9812

Eugene Norman
7850 Deborah Pl., L.G.

will receive two free dinners at Sir George's Smorgasbord House, El Cajon, California if you will come to Homeland Publishing Co., 7834 Lester ave., Lemon Grove for your free dinner certificate.

29 — Real Estate — Wanted to Buy

LOT WANTED
Minimum 50 ft wide, prefer fairly level site with utilities. 461-1671 days, 459-2189 eves.

43 — Acreage for Sale

GOV'T LAND $5 an acre. Write: Land Grant, 1174 Arrowhead Ave., San Bernardino, Ca. (Send Stamp)

50 — Miscellaneous For Sale

1975 SEWING MACHINE
Like new PFAFF DIAL-A-STITCH zig zag incl. nice walnut table. Makes button holes, blind hems, elastic stitches, etc. Sac at $47.23 full amt. or responsible person make pymts. 234-3553 anytime dlr.

22" B & D hedge trimmer, $20. Hoover mini-vac, $15. B&W TV, $30. 462-8507

Bob H. Johnson
2637 Helix St., S.V.

will receive two free dinners at Sir George's Smorgasbord House, El Cajon, California if you will come to Homeland Publishing Co., 7834 Lester ave., Lemon Grove for your free dinner certificate.

52 — Lapidary Equipt. & Sup.

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9220 Jamacha Rd.
Spring Valley 466-1661

Jeff Parker
8861 Lance Ave., S.V.

will receive two free potluck dinners at Charl-Mont Restaurant, College Grove, if you will come to Homeland Publishing Co., 7834 Lester Ave., Lemon Grove for your free dinner certificate.

56 — Cameras and Supplies

We buy used camera and photo equipment. L.G. Camera, 7848 Broadway, L.G.

59 — Wanted To Buy

Wanted To Buy
Quality Antique Furniture, Clocks, Dolls, Primitives
465-7830

I BUY JUNK CARS
239-9485

81 — Autos — New & Used

'67 Buick Electra, all power, very good condition and tires. Must sell this week. Was $800, now $595. 7872 North Ave, Sp. 15, Lemon Grove.

Senior Citizens Services Reduced

The growth of senior services around the state and a delay in new federal dollars will mean a two-thirds reduction in San Diego's Area Agency on Aging (AAA) budget for next year, according to AAA Director Barbara Graham.

San Diego's share of funds from the Older American's Act, which are awarded to the AAA each year by the California Office on Aging (COA), are expected to total $348,000 for fiscal year beginning July 1. AAA's current year budget is $1,020,000, she said.

Included in this year's figures are $650,000 for ongoing programs and $370,000 which was used for special one-time-only projects.

"During our three-year history, San Diego's Area Agency on Aging has been able to implement programs faster than most AAAs in the state. As others continue to grow and new ones are created, there will be less money to go around," she explained.

"Another problem in funding for next year is the delay in appropriations from the Older American's Act. Until the state knows exactly how much they will receive from the new three-year amendment to the act, they can't spend more money than they actually have."

To offset budget cutbacks, OSCA will discontinue its Home Helps demonstration program which was funded through a state allocation of surplus funds in 1974. In addition, as many as four staff positions will be dropped, students will not get paid for internships next year and services and supplies will be reduced.

Roadway Ban on Skateboards Asked

One mode of travel will be restricted severely if Senate President Pro Tem James R. Mills, has his way.

He would ban skateboard riding from public roads.

Mills, legislature's ramrod on transportation and father of numerous bicycle paths in San Diego County, threw his support to an Assembly bill that permits "local authorities to adopt (laws) restricting . . . skateboards in roadways."

San Diego youngsters, 12 and 15, died within the past few months as a result of skateboard accidents.

FAREWELL FOR A LONG WHILE — Former Fire Chief Fred Dixon (left) meant it when he said he was going to travel after his recent retirement. He is traveling and he may be gone as long as a year, according to his daughter Ruth Damberger of Lemon Grove.

In the photo citizen Dixon participates in a farewell pose with newly appointed Chief Robert Adams before embarking for his birthplace, Texas, where his parents, a host of relatives live.

Mrs. Damberger said that the Dixons may stay in Texas for several months — until they are "visited out".

Then, they may head for the mainland of Mexico for several months. Whether they return to Lemon Grove between the two long stops depends on their whim, she said.

Dixon served as Lemon Grove Fire Chief 4 years with a total of 24 years of service.

Younger Warns Consumers On Money-Making Schemes

If anyone knows when consumers are being taken in, it should be the State Attorney General. All complaints eventually arrive at his desk.

Each month, Attorney General Evelle J. Younger issues a report on matters that alert unwary consumers to schemes designed to separate them from their money.

Only general rules are offered because of the competitive and complicated nature of the marketplace, Younger said.

One positive admonition, however, is don't be rushed into buying and don't sign anything you haven't read.

On Money Making Plans— Home Enterprises, Inc. was enjoined from engaging in or advertising the sale of information to persons seeking jobs they can do at home.

The firm denying wrongdoing, was ordered to return money to any complaining consumer, and pay civil penalties and costs and attorneys' fees totaling $3,000 to both the State and county.

Health Spas

On Health Spas — Holiday Health Spas has agreed on a stipulated judgment to cease offering discounts or other financial incentives to customers who enter into a contract with a club during their first visit. The club also agreed to audit the behavior of their employees so that prospective members are treated with courtesy and respect.

Jack La Lanne Health Spas has agreed to provide a cooling off period to anyone signing a membership contract. The customer now has three operating days to change her mind, Younger said. The courtesy and respect requirement must also be met.

$26,500 Penalty

The La Lanne firm was ordered to pay $26,500 as civil penalties and attorney fees and costs to the State for settlement of the complaint.

On Vending Machines— Health Drinks of America, Inc., Art World, and a number of their officials have been charged with unlawful, deceptive and fraudulent business practices in marketing vending machine and art reproduction distributorship business opportunities. According to the complaint, consumers expected a 100 per cent return on their investment with a fully secured buy-back guarantee.

The court was asked to enjoin the defendants from engaging in similar alleged unfair conduct, require them to make offers of restitution to investors damaged by the alleged unlawful conduct; impose civil penalties of $2,500 for each investor solicited and for each unfair business practice.

Court Reform Needed Bollman Tells Club

Mike Bollman, candidate for State Assembly in the 77th Assembly District, has made several court reform proposals which he said are sorely needed.

Speaking before the Lemon Grove Republican Women's Club meeting Tuesday, Bollman said, "We must begin court reform by directing our courts to place primary emphasis on finding the truth rather than allowing technicalities which all too often block the truth."

He said that court procedures often become no more than technical games between prosecutor and defense attorney and the public becomes the loser.

"Justice delayed is often justice denied so we must protect the rights of both the public and the defendant by having speedy dispositions of criminal cases."

Bollman, an attorney, said that some delays are often caused by unnecessarily complicated procedures, dilatory tactics, and over-crowded court calendars. "Confusion and uncertainty often follow court delays," he said. "Evidence grows stale or is lost, recollections dim, and witnesses die, are lost, or often become unavailable."

Under the present system," he said, "one juror out of 12 can block a proper guilty verdict with the result that the entire case must be tried again. This results in additional delay and unfairness to the public and the victim of crime."

In another proposal, Bollman said that changes must be made in sentencing and corrections procedures so that greater emphasis is placed on protecting the public. He favors mandatory jail sentences for people who commit very violent and serious crimes.

"People who commit violent and serious crimes should know ahead of time that they will be dealt with swiftly and surely," Bollman said.

King Golden In Race Against Bob Wilson

King Golden, a San Diego attorney and labor leader, said this week that he is running for U. S. Congress in the 40th District against the incumbent Republican Bob Wilson.

Golden, a Democrat, charges that Wilson has not used his position as the ranking Republican on the House Armed Services Committee and as chairman of the sub-committee on the Navy, to protect the quality of the Armed Forces. As a result, Golden said, the U. S. Navy may soon, or is now, second to the Soviets.

Ortman Reception Attracts Turnout

More than 100 persons attended a reception given for 2nd District Supervisor candidate John Ortman Thursday evening at Grossmont Gardens.

Ortman, 47, operator of Farrell's Ice Cream Parlour restaurant, is a retired naval officer who has been active in Little League and Boys Club activities as well as Muscular Dystrophy and Leukemia programs.

He is a member of the La Mesa Rotary club; Mission Bay Associates; SD Convention and Visitors, and SD Better Business bureaus; SD Taxpayers and National Restaurant associations, and the San Diego, El Cajon, Escondido, La Mesa and California State Chambers of Commerce.

The six Farrell's in the county employ more than 300 people with a payroll in excess of $900,000 a year. Ortman's headquarters is at 439 W. Douglas, El Cajon.

Wilson Active in Assembly Despite Race for Senate

Assemblyman Bob Wilson isn't coasting on his present job as he runs for the post held almost eternally by State Senator Jack Schrade.

In a five day period — March 10-15 — here are bills Wilson introduced:

— Would allow senior citizens to use State Parks and recreation areas on a daytime basis at no cost to them via a "Golden Bear Pass" for those 62 or over.

— Would make it a crime for any person to sell specified pornographic material in any coin-operated vending machine within 1 third mile of any elementary or junior high school.

— Would require members of the Public Utilities Commission to be elected rather than appointed (Constitutional Amendment) and reduce the number from five to four.

Would reimburse (to $1,500) those persons incurring legal costs resulting from arbitrary and unfair action by governmental agencies.

— Would extend voting hours 3 hours by requiring polls to remain open 6 a.m.-10 p.m. Now it's 7 a.m.-8 p.m.

To become effective, these bills will have to pass the State Legislature.

Kenrick Names Co-Chairman for Supervisor's Race

Citizens to Elect Walt Kenrick for Supervisor named Mrs. Charlotte Holcomb from the Mountain Empire and Charles "Charlie" Tank of El Cajon as co-chairmen for the Campaign.

Mrs. Holcomb, a resident of the 2nd Supervisoral District for more than 20 years, is a vice president of the Highway 94 Assn., a member of the Grossmont Hospital Auxiliary, Chairman of Mt. Empire Farm Bureau Center, a member of the Board of Directors of San Diego County Farm Bureau and serves on the State Board of California Cowbells — (Auxiliary to Cattleman's Association). She has been active in past political campaigns for Senator Jack Schrade and Senator John Stull.

Tank, El Cajon businessman and resident of El Cajon for 26 years, is a Navy veteran, a member of the Elks Club and the Exchange Club. He was active in the 1972 political campaign of Dick Brown for Supervisor.

Mrs. Holcomb is a Republican and Tank is a Democrat.

Kenrick is a sergeant in the Sheriff's Department, who is seeking election to the Board of Supervisors in the June election.

Rancho SD Site for Scout Jamboree

Rancho San Diego will again be the site of the annual camporee of the Grossmont District of Boy Scouts of America to be held April 23 and 24. The one thousand acres of ideal campland has been granted for use to the Scouts by Frank Parks, Rancho San Diego executive.

In keeping with our Bicentennial Year, the camporee committee has chosen "Pathways to Freedom" as this year's theme.

The annual Camporee provides fun and outdoor adventure for the Scouts while teaching them skills, patrol operation and team spirit.

One of the main purposes of the Camporee is to prepare Scouts for summer camp.

Nickel Snatchers

An average parking meter cost about $55.

Brown Earns Degree

Social Science major William E. Brown, of 4820 Quail Run rd., Spring Valley, was one of 279 graduates from off-campus education centers of Chapman College, based at Orange, California.

Commencement was held in Orange for 523 bachelors and masters candidates in February.

Brown earned a bachelor of arts degree in his field.

Hypoglycemia Made Easy— Simply Eat Your Way In

By Max Goodwin

Hypoglycemia is the "in" ailment in medical circles today.

Hypoglycemia is a dietary condition resembling the distress of diabetes. It can lead to coronary attacks, atherosclerosis, obesity, diabetes, mental disorders, allergies and other human ailments — mostly tiredness.

Hypoglycemia is the outfall of incorrect nutrients entering the human body and it is not difficult to control in most cases, according to Dr. R. O. Brennan in his recently published (E. Evans & Co.) hardcover book, "Nutrigenetics."

"Nutrigenetics" is not a food fad book. It explains how people become victims of hypoglycemia and leads them along a path of recovery. The determinations were made at the expense of a tremendous amount of research.

The validity of "Nutrigenetics" is backed up by this reader's view that many of today's top athletes started to the top by way of public school nutritional programs. Today's youngsters are bigger, stronger, faster and better than those of preceding generations. They make new athletic records year after year.

It takes no deep study to observe that "junk" food fans are in the doctor's office more frequently than those who eat nutritious food.

"Nutrigenetics" not only provides explanations but offers treatment. The book has menu suggestions and food value charts as well as case histories to bulwark its thesis.

The material is presented in a manner that laymen can easily understand. Dr. Brennan notes that many health problems have been created by "empty" calories — food that provides about everything except vital protein. Too many "refined" foods today are laden with calories with the nutrients removed. He calls refined sugar and flour as great contributors to hypoglycemia.

Where diabetes stems from too much blood sugar, hypoglycemia results from too little — and always precedes diabetes, he said.

Ingesting high protein food as substitute for a long list of high calorie, low food value food is the first step to overcoming hypoglycemia, he indicates.

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Walnut spinning wheel	Oak dental cabinet
Pine apothecary chest	Fold down high chair
Square oak table, 6 pressed back chairs	Round oak table
Pheasant farm wagon	Pine hutch table
Set of 6 Penn. Dutch Pine chairs	Oak highboy
Walnut gallery captains desk	Pine dish cupboard
Victorian walnut tufted sofa	Golden oak rolltop desk
Dated iron chandelier — Original oil lamps	
Brigham Young Rocker	Pine cobblers bench
"Gone with the Wind" Lamp	Maple dropleaf lamp table
Pine jelly cupboard	
Pine chest of drawers	Hump back trunk
GIFTS — COLLECTIBLES — PRIMITIVES	
Cut glass perfume bottles	Flo blue Covered dish
Butter dishes	German steins
Pitcher and bowl set	Haviland China
Rabbit hanging plates	Art deco book ends
Oil lamps	Ruby water glasses
English biscuit jars	Pitchers — Cheese dishes
Wooden bxes	Desk lamps
Wooden butter churn	Candy scales
Wooden coffee grinders	Bootjack
Chocolate Molds	Shaker Boxes
Copper measures	Collectible dolls

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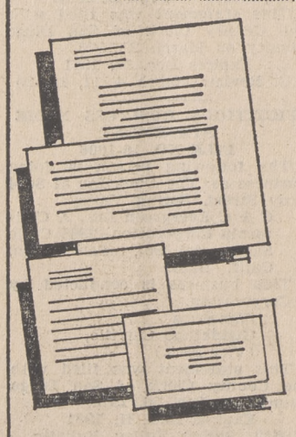
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